



From mountain to sea

Aberdeenshire Support Directory for Families, Authority Staff and Partner Agencies

December 2017



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1 BENEFITS

1.1 Advice for Scotland (Citizens Advice Bureau)

Information on benefits and tax credits for different groups of people including:

Unemployed, sick or disabled people; help with council tax and housing costs; national insurance; payment of benefits; problems with benefits.

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

1.2 Attendance Allowance

Eligibility

You can get Attendance Allowance if you're 65 or over and the following apply:

- you have a physical disability (including sensory disability, e.g. blindness), a mental disability (including learning difficulties), or both
- your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety

Use the benefits adviser online to check your eligibility.

<https://www.gov.uk/attendance-allowance/eligibility>

1.3 Benefits Offices – Aberdeenshire Council

Our Benefit Section is available to deal with your enquiry, Monday to Friday from 9.00 am to 5.00 pm. Home Visits: We can arrange to provide you with a home visit if you are unable to visit us in person. Please contact us so that we can arrange this for you

Contact

Email: benefits@aberdeenshire.gov.uk

Phone: 08456 08 01 49

Address: PO Box 18533, Inverurie, AB51 5WX

Benefit Offices: If you wish to speak to someone in person regarding your Benefit enquiry, please visit one of our offices below. No appointments are required. Offices are open Monday to Friday from 9.00 am to 5.00 pm.

Banff: The Town House, Low Street, Banff AB45 1AY

Fax: 01261 813228

Fraserburgh 88 Commerce Street, Fraserburgh AB43 9LP

Fax: 01346 516055

Inverurie Gordon House, Blackhall Road, Inverurie AB51 3WA

Fax: 01467 628304

Peterhead 51 Broad Street, Peterhead AB42 1JL

Fax: 01779 483205

Stonehaven Housing Office, 16-22 Allardice Street, Stonehaven
AB39 2BR

Fax: 01569 763883

<http://www.aberdeenshire.gov.uk>

1.4 Benefits to help with Council Tax, Rent and Mortgages

Council Tax Benefit

Payable if your income and savings are below a certain level. This is a means tested benefit and is determined not only by your income but by who lives with you.

Housing Benefit If you are liable to pay rent and are on a low income you may be entitled to Housing Benefit. Forms can be obtained from

Aberdeenshire Council

Telephone 08456 08 01

Or you can also write to PO Box 18533, Inverurie, AB51 5WX.

The Council's form is a combined Housing Benefit and Council Tax benefit application so you will only be required to complete one form.

<http://www.aberdeenshire.gov.uk>

Aberdeen City Council

Revenues and Benefits, Aberdeen City Council, Business Hub 16,

Marischal College, Broad Street, Aberdeen, AB10 1AB

Phone: 08456 080921 or 01224 219 283

Email: counciltax@aberdeencity.gov.uk

<http://www.aberdeencity.gov.uk>

1.5 Blind Person's Allowance

Eligibility

Scotland and Northern Ireland

If you're unable to perform work for which eyesight is essential, you can claim Blind Person's Allowance

<https://www.gov.uk/blind-persons-allowance/eligibility>

1.6 Carer's allowance

You might get Carer's Allowance if you:

- are 16 or over
- spend at least 35 hours a week caring for someone
- have been in the UK or the Isle of Man for at least 26 weeks in the 12 months before you claim
- are in the UK when you claim - there are some exceptions, e.g. members and family members of the Armed Forces
- aren't subject to immigration control

<https://www.gov.uk/carers-allowance/eligibility>

1.7 Child Benefit

Only one person can get Child Benefit for a child.

You normally qualify for Child Benefit if you're responsible for a child under 16 (or under 20 if they stay in approved [education or training](#)) and you live in the UK.

You'll usually be responsible for a child if you live with them or you're paying at least the same amount as Child Benefit (or the equivalent in kind) towards looking after them.

Contributions can include:

- money
- clothes
- birthday and Christmas presents
- food
- pocket money

Child Benefit [continues for 20 weeks](#) if 16 or 17 year olds leave education or training and register with the armed services or a government-sponsored careers service.

Eligibility rules are different if your child:

- [goes into hospital or care](#)
- [lives with someone else](#)

Adoptions and fostering

Apply for Child Benefit as soon as any child you're adopting comes to live with you - you don't have to wait until the adoption process is complete.

The nationality of the child doesn't affect whether you're entitled to Child Benefit or not.

You might be able to get Child Benefit for a period before the adoption - [contact the Child Benefit Office](#) to find out.

If you foster a child, you'll get Child Benefit if the local council isn't paying anything towards the child's accommodation or maintenance.

Looking after someone else's child

You may be able to get Child Benefit if you've got an informal arrangement to look after a friend or relative's child.

You might not qualify if your local council is paying towards the child's accommodation or maintenance - [contact the Child Benefit Office](#) to find out.

Two people can't get Child Benefit for the same child - if you want to make a claim, you must agree it with the person who's currently claiming. HMRC will decide who receives the Child Benefit if you can't agree.

You may also be entitled to [Guardian's Allowance](#) if you're responsible for a child who has lost one or both of their parents.

Living abroad

You may be able to get Child Benefit if you [go to live in certain countries or if you're a Crown servant](#).

If you've moved to the UK

You may be able to get Child Benefit if your main home is in the UK and you have [permission to live in the UK](#).

If your child starts work or gets benefits in their own right

You'll stop receiving Child Benefit immediately if your child:

- starts paid work for 24 hours or more a week and is no longer in approved [education or training](#)
- starts an [apprenticeship in England](#)
- starts getting certain benefits in their own right, e.g. Income Support, Employment and Support Allowance or tax credits

Child Benefit tax charge

You'll still be eligible for Child Benefit even if you choose to [stop receiving it](#) because you or your partner has an income over £50,000. Stopping your Child Benefit payments does not affect your entitlement - you can always change your mind and restart them.

Questions about eligibility

If you're not sure about your eligibility, contact the Child Benefit Office.

Child Benefit Helpline

Contact

Telephone: 08453 021 444

Text phone: 08453 021 474

<https://www.gov.uk/child-benefit/eligibility>

1.8 Child Maintenance Service or Child Support Agency

Contact details for the Child Support Agency (CSA), which provides advice and information on the statutory child maintenance schemes. The CSA

ensures that parents who live apart meet their financial responsibilities to their children by calculating and collecting child maintenance payments.

<https://www2.dwp.gov.uk/csa/v2/en/contact/index.asp>

1.9 Cold Weather Payments

Eligibility

You may be able to get Cold Weather Payments if you're getting:

- Pension Credit
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance (ESA)

Pension Credit

If you're getting Pension Credit, you'll usually get Cold Weather Payments.

Income Support and income-based Jobseeker's Allowance

If you're getting Income Support or income-based Jobseeker's Allowance, you'll usually get Cold Weather Payments if you also have any of following:

- a disability or pensioner premium
- a child who is disabled
- Child Tax Credit that includes a disability or severe disability element
- a child under 5 living with you

Income-related Employment and Support Allowance (ESA)

If you're getting income-related ESA, you'll usually get Cold Weather Payments if you also have any of the following:

- the support or work-related component of ESA
- a severe or enhanced disability premium
- a pensioner premium
- a child who is disabled
- Child Tax Credit that includes a disability or severe disability element
- a child under 5 living with you

<https://www.gov.uk/cold-weather-payment/eligibility>

1.10 Council Tax

There are several ways in which families may be entitled to a reduction in the amount of council Tax paid by the household. They include:-

Council Tax Discount – Council Tax bills assume there are two people living in a property and the full charge for services is made. However, certain categories of occupier are not counted. Council Tax Bills can sometimes be reduced by 25%, in some cases 50%.

Disability Reduction Scheme – A reduction may be given if someone in the home has a substantial and permanent disability. To qualify, there are certain criteria that must be met.

Contact

Aberdeenshire

For more information call the Council Tax Team, Monday to Friday 8am to 6 pm.

Email: council.tax@aberdeenshire.gov.uk

Telephone: 0845 608 1201

Letter: PO Box 18533, Inverurie, AB51 5WX

1.11 Council Tax Reduction

Eligibility

You could be eligible if you're on a low income or claim benefits. Your bill could be reduced by up to 100%.

You can apply if you own your home, rent, are unemployed or working.

What you get depends on:

- where you live - each council runs its own scheme
- your circumstances (e.g. income, number of children, benefits, residency status)
- your household income - this includes savings, pensions and your partner's income
- if your children live with you
- if other adults live with you

<https://www.gov.uk/apply-council-tax-reduction>

1.12 Disability Living Allowance (DLA) for adults

You can get Disability Living Allowance (DLA) for adults if you were born on or before 8 April 1948 and your disability or health condition means one or both of the following are true:

- you need help looking after yourself
- you have walking difficulties

You must tell DWP if your circumstances change, e.g. your condition improves or you need more help.

Care component

You might get this part of DLA if you:

- need help with things like washing, dressing, eating, using the toilet or communicating your needs
-

- need supervision to avoid putting yourself or others in danger
- need someone with you when you're on dialysis
- can't prepare a cooked main meal

You can get this care part if no-one is actually giving you the care you need, or you live alone.

Mobility component

You might get this part of DLA if, when using your normal aid, you:

- can't walk
- can only walk a short distance without severe discomfort
- could become very ill if you try to walk
- You might also get it if you:
 - have no feet or legs
 - are assessed as 100% blind and at least 80% deaf and you need someone with you when outdoors
 - are severely mentally impaired with severe behavioural problems and get the highest rate of care for DLA
 - need supervision most of the time when walking outdoors
 - are certified as severely sight impaired and you were aged between 3 and 64 on 11 April 2011

Assessments

You might get a letter saying you need to attend an assessment to check the level of help you need. The letter explains why and where you must go. Your benefit may be stopped if you don't go.

At the assessment, you'll be asked for identification. You can use a passport or any 3 of the following:

- birth certificate
- a full driving licence
- life assurance policy
- bank statements

New claims

Only children under 16 can apply for Disability Living Allowance (DLA) - anyone over 16 must apply for Personal Independence Payment (PIP) instead.

Exceptions

- You may be able to make a new claim if all of the following apply:
- you were 65 or over on 8 April 2013
- you stopped getting DLA after the age of 65
- you make a new claim to DLA within 12 months

<https://www.gov.uk/dla-disability-living-allowance-benefit/eligibility>

1.13 Disability Premiums (Income Support)

Eligibility

To qualify for a disability premium you must get Income Support.

Also, you or your partner must be under pension credit age and either registered blind or getting any of these benefits:

- Disability Living Allowance (DLA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Working Tax Credit with a disability element
- Attendance Allowance
- Constant Attendance Allowance
- War Pensioners Mobility Supplement
- Severe Disablement Allowance
- Incapacity Benefit

If you don't qualify, you may still get the premium if you've been unable to work for at least a year.

Use the benefits adviser to check your eligibility.

Severe disability premium

You may get this if you get the disability premium or the higher pensioner premium.

Rate if you qualify

You'll get this if you meet all of the following conditions:

- you live alone
- you get the middle or highest care component of DLA
- no-one gets Carer's Allowance for looking after you
- You may also get it if you meet all these conditions:
- you have a partner and no one else lives with you or your partner
- Carer's Allowance is paid for only one of you
- you both get the daily living component of PIP, AFIP or Attendance Allowance or the middle or highest rates of the care component of DLA
- You may still get it if you meet all of these conditions:
- you have a partner who is registered blind
- no one lives with you and your partner
- you get the middle or highest rate of DLA care component or the daily living component of PIP or AFIP
- no-one gets Carer's Allowance for looking after you

Rate if you and your partner qualify

You get this if you have a partner, no-one gets Carer's Allowance for looking after either of you and you both get one of the following benefits:

- the daily living component of PIP
 - AFIP
 - Attendance Allowance
 - the middle or highest rate of the care component of DLA
 - Enhanced disability premium
-

You get this if you're under Pension Credit age and one of the following apply:

- the enhanced rate of the daily living component of PIP
- AFIP
- the highest rate of the care component of DLA

<https://www.gov.uk/disability-premiums-income-support/eligibility>

1.14 Disabled Facilities Grants

Eligibility

You can apply for the grant if you or someone living in your property is disabled. Either you or the person you're applying for must:

- be the owner of the property or a tenant
- intend to occupy the property as a main or only home during the grant period (which is currently 5 years)

You can also apply for a grant if you're a landlord and have a disabled tenant.

The council needs to be happy that the work is:

- necessary and appropriate to meet the disabled person's needs
- reasonable and can be done - depending on the age and condition of the property

<https://www.gov.uk/disabled-facilities-grants/eligibility>

1.15 Education Maintenance Allowances (EMAs)

EMAs were launched across Scotland in August 2004 to provide financial support to young people from low income families.

Currently, over 35,000 young people in Scotland are receiving an EMA.

To check and see if you will receive an EMA for year 2015-16, new and current EMA students should click the 'Students' link on the webpage. Those involved in the management of EMAs should visit the 'Administrators' section.

Information can also be found on the Scottish Government's EMA web site

<http://www.emascotland.com>

Aberdeenshire

Contact: EMA Team

Education, Learning & Leisure, Aberdeenshire Council
Woodhill House, Westburn Road, Aberdeen AB16 5GB

Tel: 01224 665577

Email: ema@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/parentscarers/financial/ema.asp>

1.16 Employment and Support Allowance

Eligibility

You may get Employment and Support Allowance (ESA) if your illness or disability affects your ability to work and you're:

- under [State Pension](#) age
- not getting Statutory Sick Pay or Statutory Maternity Pay and you haven't gone back to work
- not getting Jobseeker's Allowance

You can apply for ESA if you're employed, self-employed, unemployed or a student on [Disability Living Allowance](#) or [Personal Independence Payment](#).

You may get ESA if you've lived or worked abroad and paid enough UK National Insurance (or the equivalent in an EEA or other country with which the UK has an agreement).

Use a [benefits calculator](#) to check your eligibility.

Repeat claims

In most cases, you won't be eligible for ESA again if you were found capable of doing some work after your Work Capability Assessment. The main exceptions are where:

- your current condition has got a lot worse
- you're claiming for a new condition

Work Capability Assessment

While your claim is being assessed you'll get a letter telling you where to go for your Work Capability Assessment and explaining what to do.

You must tell the Department for Work and Pensions (DWP) if you start doing permitted work. They'll send you form PW1 to fill in and send back to them.

Any volunteer work you do needs to be reported. It normally doesn't affect your ESA.

Tell the [Jobcentre Plus office](#) dealing with your claim if your circumstances change (e.g. your income changes or you go abroad) as this can affect your ESA.

Your income and savings

Your income may affect your income-related or contribution-based ESA.

Universal Credit

You won't be eligible for income-related ESA if you get [Universal Credit](#). You can still have a Work Capability Assessment to see if you're entitled to the limited capability for work (LCW) or limited capability for work-related activity (LCWRA) elements.

For further information go to

<https://www.gov.uk/employment-support-allowance/eligibility>

1.17 Financial Help if you are disabled

There is a wide range of disability-related financial support, including benefits, tax credits, payments, grants and concessions.

The main disability and sickness benefits are:

- Disability Living Allowance or Personal Independence Payment
- Attendance Allowance
- Employment and Support Allowance

Depending on your circumstances, you might also be able to get:

- Industrial Injuries Benefit if you're disabled as a result of work
- Constant Attendance Allowance if you need daily care and attention because of a disability

Vehicles and transport

If you're disabled you can apply for the following:

- exemption from paying vehicle tax
- parking benefits - Blue Badge
- disabled persons bus pass or railcard
- help to buy or lease a car from The Motability Scheme

Home and housing

If you've been assessed by your local council as needing care and support services, you can get:

- Direct payments - allowing you to buy in and arrange help yourself instead of getting it directly from social services
- Disabled Facilities Grants - which is money towards the costs of home adaptations to enable you to continue living there
- If you're on a low income you may also be entitled to Housing Benefit and Council Tax Reduction from your local council.

On a low salary

If you're working and on a low salary, you can get extra money to:

- top up your salary - e.g. Income Support and Working Tax Credit
- pay towards costs for special equipment at work and travel, e.g. Access to Work

VAT relief on certain goods and services

You don't have to pay VAT on certain goods and services if they're just for your own use and you're disabled or have a long term illness.

If you've served in Her Majesty's Armed Forces

If you've been injured or disabled while serving in Her Majesty's Armed Forces, you may be able to get:

- War Disablement Pension
- Constant Attendance Allowance
- Armed Forces Compensation Scheme

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

1.18 Financial Help if you have a disabled child

Overview

Your local council can provide help if you have a disabled child, including:

- [short break services](#)
- holiday play schemes
- care at home
- some aids and adaptations
- financial help, e.g. money towards travel costs for hospital visits

Your council has a duty to provide these services under [the Children Act 1989](#). Some are free of charge - the council might ask you to contribute towards others. If you think your child may qualify, contact the social services team at [your local council](#).

A social worker will then talk to you about the needs of your family, including:

- health
- social care
- education

This is called a 'needs assessment' - the social worker will give you advice on what to do next. You can also ask your council about local support groups for carers and families with disabled children.

Help with costs

If your child qualifies for services from your local council, you'll also have the option of getting [direct payments](#).

These are paid directly to you so you can arrange services you need. They're an alternative to social care services provided by your local council.

You may also be eligible for extra [Child Tax Credit](#) for each disabled child you're responsible for or [Disability Living Allowance for children](#).

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

1.19 Get help at work if you're disabled or have a health condition (Access to Work)

<https://www.gov.uk/access-to-work/eligibility>

1.20 Income Support

Eligibility

To qualify for Income Support you must be all of the following:

- between 16 and [Pension Credit qualifying age](#)
-

- pregnant, or a carer, or a lone parent with a child under 5 or, in some cases, unable to work because you're sick or disabled
- you have no income or a low income (your partner's income and savings will be taken into account)
- working less than 16 hours a week (and your partner works less than 24 hours a week)
- living in England, Scotland or Wales - there are different rules for [Northern Ireland](#)

You don't need a permanent address, e.g. you can still claim if you sleep rough or live in a hostel or care home.

You might still qualify if you do unpaid voluntary work or go on [parental](#) or [paternity leave](#).

Also, you qualify if you're age 19 or younger, in full-time secondary education (including a levels) and one of the following:

- a parent
- not living with a parent or someone acting as a parent
- a refugee learning English

You can also qualify up until the age of 21 if you're one of the above, are orphaned or estranged from your parents and enrolled in education.

When you won't qualify

You won't usually qualify if you:

- have savings above £16,000
- need permission to enter the UK
- get Jobseeker's Allowance or Employment and Support Allowance
- are a young person being looked after by a local authority

<https://www.gov.uk/income-support/eligibility>

1.21 Instant Neighbour Aberdeen

Staff can offer advice and information on all issues of poverty as well as practical help and emotional support. Services are free of charge to all client groups whose lives are affected by poverty. The Charity aims to safeguard the health, safety, and quality of life of the most needy and disadvantaged in the community and does this by providing:

- Moving house help for clients affected by poverty and unable to afford commercial removers.
- Furniture & personal possessions storage space for those losing your home through repossession or eviction.
- Food parcels for people who are struggling on benefit or low income and may not have enough money to buy basic items of food.
- Child-safety & baby care equipment, clothing and new toys, and a drop-in centre where parents in "low income" families can discuss problems and concerns in a relaxed and friendly environment.

Contact

Address: Instant Neighbour Charity, Instant Neighbour House,
5 St Machar Drive, Aberdeen.AB24 3YJ

Tel: 01224 489955

Fax: 01224 488084

Email: info@instantneighbour.co.uk

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

1.22 Jobseekers Allowance

To get Jobseeker's Allowance (JSA) you must:

- be 18 or over but below [State Pension age](#) - there are some exceptions if you're 16 or 17
- not be in full-time education
- be in England, Scotland or Wales
- be available for work
- be actively seeking work
- work on average less than 16 hours per week

You must also go to a [JSA interview](#) after you apply.

Your income

Your household income can affect how much income-based JSA you get. Income includes money from pensions, earnings and savings (if you have more than £6,000). Pensions and earnings can affect the amount of contribution-based JSA you get.

The rules are different in [Northern Ireland](#).

Income-based JSA

To get [income-based JSA](#):

- you must work less than 16 hours per week on average
- your partner (if you have one) must work less than 24 hours per week on average
- must have £16,000 or less in savings

Use a [benefits calculator](#) to check your eligibility.

Self-employed

You may be able to get income-based JSA, [tax credits](#) or [Employment and Support Allowance](#).

You can't usually get contribution-based JSA.

16 to 17 year olds

[Call](#) or go to [your local Jobcentre Plus](#) to find out if you're eligible.

18 to 19 year olds

You can't usually get JSA if:

- you're in full-time education
- your parents receive Child Benefit for you

You may be able to get [Income Support](#). If you've just left education, you won't be able to get JSA until your parents stop getting Child Benefit for you.

Students

Full-time students

Full-time students can't usually get JSA until their course has officially finished - check the date with your college or university. You may be able to claim JSA during the summer holiday if you have children.

Part-time students

You can get JSA while studying part time (including part-time Open University Courses) as long as:

- you take a job if it's offered to you
- you do everything you can to look for work, as agreed with your work coach

If you want to take a short course (2 weeks or less), check with your work coach before you start.

New or recently returned to the UK

You may be able to get income-based JSA if you can prove you've been living in the UK, the Isle of Man, the Republic of Ireland or the Channel Islands for 3 months before you claim, and you're either:

- a UK national who's recently returned from abroad and you haven't worked since coming back
- an [EEA national](#)

<https://www.gov.uk/jobseekers-allowance/eligibility>

1.23 Learning Disability Alliance Scotland

Disability Alliance is a national registered charity which works to relieve the poverty and improve the living standards of disabled people. We provide information on social security benefits, tax credits and social care – useful for disabled people, their families, carers and professional advisers.

Contact

Address: Learning Disability Alliance Scotland

Second Floor, Thorn House, Edinburgh, EH2 2PR

Tel: 07920 141823

<http://www.ldascotland.org>

1.24 Personal Independence Payments

Personal Independence Payment (PIP) helps with some of the extra costs caused by long-term ill-health or a disability if you're aged 16 to 64.

You could get between [£21.80 and £139.75 a week](#).

The rate depends on how your condition affects you, not the condition itself.

You'll need an [assessment](#) to work out the level of help you get. Your rate will be regularly reassessed to make sure you're getting the right support.

Your carer could get [Carer's Allowance](#) if you have substantial caring needs.

If you get Disability Living Allowance

PIP started to [replace Disability Living Allowance](#) (DLA) for people aged 16 to 64 from 8 April 2013.

Use the [PIP checker](#) to find out if and when PIP affects your DLA.

Help with PIP

You can contact a [local support organisation](#) to get help understanding PIP.

<https://www.gov.uk/pip>

1.25 Rates and allowances: tax credits, Child Benefit and Guardian's Allowance

This information and document is classified by HM Revenue and Customs as guidance and contains information about the rates payable for Working Tax Credit, Child Tax Credit, Child Benefit and Guardian's Allowance. It also gives information about tax credit income thresholds and the childcare element of Working Tax Credit.

<http://www.hmrc.gov.uk/rates/taxcredits.htm>

1.26 Trading Standards - Aberdeenshire Council

Consumer advice in Aberdeenshire is now provided in partnership with Citizens Advice Consumer Service, an advice only service which is funded by the DTI and covers the whole of Scotland. If you are looking for information or general help online, check out our Consumer Questions Answered section, or try the external links which give some useful advice.

If you wish to speak to someone, all initial requests for advice should be submitted to Citizens Advice Consumer Service or call: 08454 04 05 06

Citizens Advice Consumer Service provides clear practical advice to help consumers sort out problems and disagreements with suppliers of goods and services. From overcharging to faulty goods and from dodgy workmanship to reporting dishonest traders and scams, Consumer Direct's trained advisors

are ready to offer individual solutions for individual problems. To speak to a Consumer Adviser please call:

08454 04 05 06 or visit <http://www.adviceguide.org>

More complex problems or complaints requiring further investigation or assistance are referred to Trading Standards or other advice services.

Aberdeenshire Council Trading Standards can provide assistance in many of these cases by making representations to suppliers and providing advice on the preparation of Small Claims.

Contact

Address: Aberdeenshire Council, Consumer Protection, Gordon House
Blackhall Road, Inverurie, Aberdeenshire AB51 3WA

Tel: Citizens Advice consumer helpline on 08454 04 05 06

Fax: 01467 628117

Email: trading.standards@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/business/trading-standards/>

1.27 Trading Standards Institute (CAB)

Consumer information:

For personal help with a problem within the UK you can contact the Citizens Advice consumer service, which provides free, confidential and impartial advice on consumer issues.

Citizens Advice consumer helpline on 08454 04 05 06.

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

1.28 Turn2Us

A charitable service which helps people access the money available to them – through welfare benefits, grants and other help. Their free, accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

Contact: directly from the website at:

<http://www.turn2us.org.uk>

1.29 Working Tax Credit

Eligibility

You can only make a new claim for Working Tax Credit if either of the following apply:

- you don't live in a [Universal Credit area](#)
- you or your partner qualify for [Pension Credit](#)

If you can't make a new claim for Working Tax Credit, you'll usually need to [apply for Universal Credit](#) instead.

Eligibility depends on your age and how many hours of paid work you do a week. Your income and circumstances will also affect how much you get.

Use the [tax credits questionnaire](#) to check if you qualify.

You can't claim tax credits and [Universal Credit](#) at the same time.

Your age

You must be 16 or over to qualify. You must be 25 or over if you don't have children or you don't have a disability.

Hours you work

You must work a certain number of hours a week to qualify.

Circumstance	Hours a week
Aged 25 to 59	At least 30 hours
Aged 60 or over	At least 16 hours
Disabled	At least 16 hours
Single with 1 or more children	At least 16 hours
Couple with 1 or more children	Usually, at least 24 hours between you (with 1 of you working at least 16 hours)

A child is someone who is under 16 (or under 20 if they're in [approved education or training](#)).

Use the [tax credits calculator](#) to check if you work the right number of hours.

You can still apply for Working Tax Credit if you're [on leave](#).

Exceptions for couples with at least one child

You can claim if you work less than 24 hours a week between you and one of the following applies:

- you work at least 16 hours a week and you're disabled or aged 60 or above
-

- you work at least 16 hours a week and your partner is incapacitated (getting certain benefits because of disability or ill health), is entitled to Carer's Allowance, or is in hospital or prison

What counts as work

Your work can be:

- for someone else, as a worker or employee
- as someone who's self-employed
- a mixture of the two

If you're self-employed

Some self-employed people are not eligible for Working Tax Credit. To qualify, your self-employed work must aim to make a profit. It must also be commercial, regular and organised.

This means you may not qualify if you don't:

- make a profit or have clear plans to make one
- work regularly
- keep business records, such as receipts and invoices
- follow any regulations that apply to your work, for example having the right licence or insurance

If the average hourly profit from your self-employed work is less than the National Minimum Wage, the Tax Credit Office may ask you to provide:

- business records
- your business plan - find out how to write a business plan
- details of the day-to-day running of your business
- evidence that you've promoted your business - such as advertisements or flyers

Your pay

The work must last at least 4 weeks (or you must expect it to last 4 weeks) and must be paid.

This can include payment in kind (for example farm produce for a farm labourer) or where you expect to be paid for the work.

Exceptions

Paid work does not include money paid:

- for a 'Rent a Room' scheme
- for work done while in prison
- as a grant for training or studying

- as a sports award

Your income

There's no set limit for income because it depends on your circumstances (and those of your partner). For example, £18,000 for a couple without children or £13,100 for a single person without children - but it can be higher if you have children, pay for approved childcare or one of you is disabled.

<https://www.gov.uk/working-tax-credit/eligibility>

2 CHILDCARE AND RESPITE

2.1 Childcare

Aberdeenshire Council

We give detailed, up-to-date and impartial information on various types of childcare to suit your needs, including:

- [childminders](#)
- [playgroups](#)
- [nurseries](#)
- [out of school care](#)
- [home based childcare](#)
- [parent and toddler groups](#)
- [holiday schemes](#)
- [more information](#)

For information

Telephone: 08456 08 12 07

<http://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/family-information-service/childcare/>

Aberdeen Childcare Services

Aberdeen childcare Services are run by Aberdeen City Council, we provide childcare for 0-12 years. Our childcare covers the whole of Aberdeen City, we provide: Crèche's, Playgroups, Drop in Crèche, Breakfast Clubs, After School Clubs and Holiday Clubs.

OUR VISION

Children and Families in Aberdeen gain access to high quality learning experiences that holistically meet their developmental needs within local communities.

AIMS

- We will provide children with a safe, happy, caring and stimulating environment in which to develop their individual skills and talents.
- We will deliver learning opportunities for children and parents to come together.
- We will encourage social inclusion by providing childcare opportunities for the most vulnerable families in the community.
- We will promote the inclusion of children with additional support needs into mainstream services through the creation of quality, affordable, accessible childcare opportunities.

- We will create quality services that will meet children's social, physical, intellectual, creative, cultural and emotional developmental needs, including creative play opportunities and recreation.

Contact

For more information please contact –

Aberdeen City Council Childcare Services

Early Years, Families and Vulnerable Learners Team

Frederick Street Centre, Frederick Street

Aberdeen AB24 5HY

Telephone 0845 604 1432

The only charge for this call will be your phone company's access charge

www.aberdeencity.gov.uk/acs

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

2.2 Aberdeen Lad's Club

The Aberdeen Lads Club is well established in the Tillydrone area which was founded in 1924 to promote the moral, social and physical wellbeing of young people, particularly in deprived areas of the city. The Club runs 3 nursery classes, and After School Club for young people aged 5 -12 years, Youth Clubs for young people aged 5 - 16 years and Holiday Play scheme as well as Family Learning Activities. We also have a Community Cafe providing healthy meals from 10.00am - 1.30pm. There is also a Football Section with teams in from under 15 years to Amateurs

Main Contact – Manager: Angie Johnston

Address: Dill Road, Tillydrone, Aberdeen AB24 2XL

Tel: 01224 492672

Email: angie@aberdeenladsclub.org.uk

http://www.aberdeencity.gov.uk/xcc_communitydetail.asp?id=2206&ind=15&ind2=191

2.3 Baby and Toddler Groups - Aberdeen City

Family Information Service (FIS). All enquiries are confidential.

Text: 07825 053136

All telephone enquiries: (Monday to Friday 10am - 4pm)

Information Line 03000 200 293 Option 6

Phone: 01224 346034

Email: fis@aberdeencity.gov.uk

<http://www.aberdeencity.gov.uk/fis>

2.4 Baby and Toddler Groups - Aberdeenshire Council

General Enquiries:

Telephone: 08456 08 12 07

Area Offices

Banff and Buchan Area Office: St Leonard's, Sandyhill Road,

Banff AB45 1BH

Telephone: 01261 813300

Buchan Area Office: Arbuthnot House, 62 Broad Street,

Peterhead AB42 1DA

Telephone: 01779 483201

Formartine Area Office: 29 Bridge Street, Ellon, AB41 9AA

Telephone: 01358 726402

Garioch Area Office: Gordon House, Blackhall Road

Inverurie AB51 3WB

Telephone: 01467 628200

Kincardine and Mearns Area Office: Viewmount, Arduthie Road

Stonehaven AB39 2DQ

Telephone: 01569 768200

Marr Area Office: School Road, Alford AB33 8TY

Telephone: 01975564804

<http://www.aberdeenshire.gov.uk/schools/cld/parent-and-toddler-groups/>

2.5 Childcare4All

Childcare 4 All is a service that supports the inclusion of children with additional support needs in mainstream childcare. The service is available to families, childcare providers and nurseries across Aberdeenshire.

Support Workers can provide support to childcare providers enabling them to include children with additional support needs within their provision.

Staff work alongside parents/carers and staff in mainstream and pre-school settings, providing practical assistance and advice on including children aged 0 to 16 years with additional support needs. A free lending service also offers toys and therapeutic resources to providers to enable them to be inclusive.

Contact: Childcare 4 All

Address: Units 11& 12, Kittybrewster Shopping Centre, 23 Clifton Road
Aberdeen, AB24 4RZ

Telephone: 01224 482 352 (EXT4)

E-mail: C4allab@capability-scotland.org.uk

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

2.6 Childminders

Childminders are professional day carers who work in their own homes to provide care and education for other people's children in a family setting. They are registered and inspected by the Scottish Commission for the Regulation of Care (The Care Commission). Childminders are self-employed and take care of their own tax and national insurance payments. They are not 'employed' by parents but they negotiate a contract for their service for which they charge a fee.

Childminders offer a flexibility of service that is difficult to find in other childcare provisions. Because they look after small groups of children, their daily routine is very adaptable. Individual dietary requirements, sleeping patterns or homework projects can be catered for with ease. Their flexibility makes childminders ideal care providers for children whose parents work shifts. Unlike most nurseries, out of school clubs and summer play schemes childminding services are often offered outside of standard opening hours. With childminders working in every area in Scotland, most families are able to find one who lives in, or close to, their own community. Being cared for by a childminder gives youngsters the opportunity to learn from real-life experiences. Everyday activities like shopping trips, school runs, family mealtimes and visits to the park teach children valuable life skills that may not be acquired so readily in centre-based care. These activities also educate children about their local environment and community.

If you are looking for a childminder, you need to contact the Childcare information Service who will be able to provide a list of childminders working in your local area. It is then up to you, the parent/guardian to contact the childminders on the list to find out whether they have a vacancy suitable for your child.

Contact:

Aberdeenshire Family Information Service

Craigearn Business Park, Morrison Way, KINTORE

AB51 0TQ

Telephone: 0800 298 3330

Email: afis@aberdeenshire.gov.uk

2.7 Early Years Scotland

Early Years Scotland is Scotland's largest third sector national provider of direct support services to community-led early learning and childcare groups and families. Early Years Scotland works in partnership with a number of local authorities across Scotland. This enables Early Years Scotland to have staff based in these locations, supporting local groups. Early Years Scotland also has member groups in all 32 local authorities.

Early Years Scotland's central purpose can be explained under four Strands of Activity:

1. Curriculum and Business Support (Member Groups and Local Authorities)
2. Prevention and Early Intervention (Direct Service Delivery with Children and Families)
3. Policy at Local and National Level (Supporting, Informing and Influencing)
4. Professional Learning and Development (Promoting and Supporting)

Strand 1 – Curriculum and Business Support

Early Years Scotland delivers essential business and curriculum support and guidance to almost 1,000 providers across the early years' sector. This includes support for playgroups, toddler groups, nurseries, play schemes, crèches and family centres. Much of this work is undertaken through Service Level Agreements (SLAs) with local authorities and in partnership with other agencies.

Through membership of Early Years Scotland, groups gain access to a variety of services including:

- Specially negotiated insurance cover
- Publications and resources, including the Early Years Scotland quarterly magazine
- Unlimited use of the Early Years Scotland Information Helpline
- Access to the exclusive members' area of the website
- Group-specific support and guidance on managing and running high quality early years services
- Discount rate on conference and publications.

Strand 2 - Direct Service Delivery: Prevention and Early Intervention

As well as being a membership organisation, Early Years Scotland has been increasingly developing an additional category of service which provides direct delivery of support within local communities for young children and their *parents. These services primarily assist families who are living in difficult or disadvantaged circumstances and they are often referred to Early Years Scotland services by social workers, health visitors or other professionals.

Many of the families who benefit from Early Years Scotland services include those on low income, ethnic minority families, lone parent families and families

affected by substance misuse, alcoholism, disability, imprisonment and social or rural isolation.

Within this range of prevention and early intervention provision, Early Years Scotland staff work with partners to assist parents in building and strengthening attachments, relationships and interactions with their young children. This is developed mainly through a two-generation approach to shared experiences and learning.

Early Years Scotland recognises the value and importance of going to where families actually are so that working together takes place in accordance supportive of, the Early Years Collaborative improvement methodology. GIRFEC is at the heart of our philosophy and practice, and our work promotes and supports current policy and legislation, which places children at the centre of service planning and implementation.

Strand 3 - Policy at Local and National Level: Support, Inform and Influence

In addition to supporting and delivering early years services, Early Years Scotland has an important part to play in helping to inform and influence policy at local and national level. Early Years Scotland strives to support families so that Scotland's youngest children have the very best start in life and can go on to achieve successful outcomes for themselves. We are very much involved in, and supportive of, the Early Years Collaborative improvement methodology. GIRFEC is at the heart of our philosophy and practice, and our work promotes and supports current policy and legislation, which places children at the centre of service planning and implementation.

Strand 4 - Professional Learning and Development

Early Years Scotland recognises the critical link between appropriately qualified knowledgeable staff, and high quality services leading to successful outcomes.

The Early Years Framework highlights the importance of this: "Those who work with children and families in the early years are committed to their own continuous professional development to improve their knowledge and skills." Early Years supportive of, the Early Years Collaborative improvement methodology. GIRFEC is at the heart of our philosophy and practice, and our work promotes and supports current policy and legislation, which places children at the centre of service planning and implementation.

Early Years Scotland seeks to encourage and assist our members and staff to identify their own professional learning and development needs. We make every effort to support them to achieve their goals.

<https://earlyyearsscotland.org/>

2.8 Ellon Crèche

Childcare at home run a crèche at Ellon Community Centre, Schoolhill Road, Ellon, Aberdeenshire AB41 9JS on Monday, Thursday and Friday 9.30 –

12.30 am. Experienced staff can look after your children while you go for a swim, a doctor's appointment or just take some time out. Pre-booking is essential.

Contact:

Childcare at home: 01467 641000

2.9 Family Information Service

The Family Information Service (FIS) is the only place in Aberdeen/shire where parents, carers and professionals can access comprehensive, up to date information and advice about childcare, education and family support services. FIS runs a confidential helpline, email enquiry service and a searchable directory of services online on the FIS website. Childcare information includes childminders, day nurseries, Crèches and before and after school care. They also hold information for parents and carers of children with disabilities and complex health needs. They hold details such as vacancies, opening times, costs, facilities, specialised provision and can give guidance to parents about what childcare options are available and allow them to make informed choices for themselves and their children.

Family Information Service

Contact

Aberdeenshire Contact

Address: Craigearn Business Park, Morrison Way, Kintore AB51 0TH

Freephone: 0800 298 3330

Emailing afis@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/family-information-service/>

2.10 Pre-school Information

Children with disabilities or additional support groups are welcomed at local Playgroups, School and Private Nurseries. However, it is essential to let the group know your child's particular needs before they begin going to the group to allow staff to prepare for their arrival and inclusion.

For further information go to:

<http://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/family-information-service/pre-school-information/>

Telephone: 08456 08 12 07

2.11 Rainbow Rogues

A supported group for preschool children and their parents and siblings meets twice weekly on Tuesday and Thursday mornings during term time.

The group, called Rainbow Rogues, provides a quality sheltered play environment for children with a disability or additional support need, along with support to parents and carers.

The group meets at Esslemont School, which is two miles outside Ellon. For further information

Contact

Community Learning and Development Worker, Sally Sheehan

Telephone: 01358 729237

2.12 Scottish Out of School Care Network (SOSCN)

It aims to provide: support, information resources, advice to all involved in out of school care, and a forum to exchange ideas and experiences; to encourage high quality care; to share good practice and to organise events and training.

The Scottish Out of School Care Network is the lead independent voice for school-aged childcare in Scotland. We promote good quality in Scotland's 1000+ out of school care clubs providing over 45,000 places and believe that good quality childcare can benefit children, parents and the community. We support the right to play and the development of a playcare training infrastructure, and aim to support equal opportunities and work in partnership. We work with children, government and develop links with childcare organisations worldwide to share good practice

Contact

Address: Level 2, 100 Wellington Street, GLASGOW G2 6DH

Office Hours: Monday-Friday 9am-4pm.

Telephone: 0141 564 1284

Email: info@soscn.org

<http://www.soscn.org>

2.13 The Care Inspectorate

We are the independent scrutiny and improvement body for care services in Scotland. We make sure people receive high quality care and ensure that services promote and protect their rights.

The website contains information for:

- Finding a care service / inspection report
- Joint inspections of children's services
- Joint inspections of adults services
- Social work inspection reports
- Child protection inspection reports
- Cancelled services
- Using care services

Contact Us:

Care Inspectorate, Compass House, 11 Riverside Drive, Dundee, DD1 4NY
Tel: 0345 600 9527

Email: enquiries@careinspectorate.com

<http://www.careinspectorate.com>

2.14 Respite

When there is a need to access respite care, individuals / families must first contact their Children and Families Social Work Team, to discuss their requirements. The list of providers cannot be contacted directly, as respite is arranged through a referral procedure.

Aberdeenshire Council Social Work – Children and Families Teams

Contacts

Banff and Buchan	Buchan	Formartine
Fraserburgh Children and Families Team 14 Saltoun Square Fraserburgh AB43 9DA Tel: 01346 513281	Peterhead Children and Families Team 53 Windmill Street Peterhead AB42 1UE Tel: 01779 477333	Ellon Children and Families Team 25 Station Road Ellon AB41 9AA Tel: 01358 720033
Banff Children and Families Team 10 Carmelite Street Banff AB43 9DA Tel: 01261 818097	Central Buchan Children and Families Team Baird Road Strichen AB43 6SU Tel: 01771 638200	Turriff Children and Families Team Turriff Family Resource Centre 10 Hatton Road Turriff AB53 4LF Tel: 01888 569260
Banff Family Centre Academy Drive Banff AB45 1BL Tel: 01261 813180	Peterhead Family Centre 53a Windmill Street Peterhead	

Fraserburgh Family Centre 2-4 Bervie Road Fraserburgh AB43 5UY Tel: 01346 515187	AB42 6UE Tel: 01779 473368	
Garioch Inverurie Children and Families Team 93 High Street Inverurie AB51 3AB Tel: 01467 625555 Kemnay Family Resource Centre Arquithie Road Kemnay AB51 5SS Tel: 01467 641297 Kemnay/Westhill Children and Families Team 93 High Street Inverurie AB51 3AB Tel: 01467 625555	Kincardine and Mearns Portlethen Children and Families Team Rowanbank Road Portlethen AB12 4NX Tel: 01224 783880 Stonehaven Children and Families Team Carlton House Arduithie Road Stonehaven AB39 2DL Tel: 01569 763800	Marr Banchory Children and Families Team 45 Station Road Banchory AB31 5XX Tel: 01330 824991 Aboyne Children and Families Team Low Road Aboyne AB34 5GW Tel: 013998 87096 Huntly Children and Families Team Deveron Road Huntly AB54 8DU 01466 799600

<http://www.aberdeenshire.gov.uk/social-care-and-health/local-social-work-offices/>

2.15 Aberlour Scotland's Children's Charity

Aberlour Options – Aberdeen works across a number of local authorities. We provide short-breaks to children with disabilities and their families, including overnight respite, day-care and community based outreach. As and when requested, we also provide support to young people in schools as well as in-house parenting advice and support.

Aberlour Options - Aberdeen is delivered in partnership with Aberdeen City Council and Aberlour.

Aberlour Options - Aberdeen service leaflet

Our Options services offer a variety of support options for children and young people, which can be tailored to you and your family. When arranging a service, we'll talk with you about what good support looks like for you, and create a package that meets your needs and fits in with your timetable. You can access our Options services using [Self-directed Support](#).

Contact Us

Head Office, Aberlour Child Care Trust, 36 Park Terrace, Stirling FK8 2JR

Tel: 01786 450335

Fax: 01786 473238

Email: enquiries@aberlour.org.uk

Website: <http://www.aberlour.org.uk/options-aberdeen.aspx>

2.16 Archway Aberdeen

Archway is an independent Aberdeen based charity offering a range of innovative community based services to improve the opportunities available and quality of life for people with learning disabilities in Aberdeen and throughout the North East area.

Archway provides permanent, respite and shared care for children and adults with a learning disability.

Respite

We provide respite for children and adults with learning disabilities in 3 of our units. Our units are located across Aberdeen City at 71 Westburn Road; 31 Two Mile Cross and 153 Victoria Street, Dyce. Each unit can offer respite for up to six children or adults at one time.

Children and adults are not accommodated within the units at the same time. Referrals are currently taken from Aberdeen City and Aberdeenshire Council's Social Work Department. Referrals are accepted for any individual over school age with a learning disability.

Contact

Main office address: 71 Westburn Road, Aberdeen AB25 2SH

Telephone: 01224 643327

Fax: 01224 658351

Email: admin@archway.org.uk

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

2.17 Banchory – Highfield House

Highfield is a respite house with four places for children and adults with learning difficulties, however the service does not provide a care service to adults and children at the same time. The service is run by Aberdeenshire Council Social Work. Staff are experienced, trained and qualified. This is a needs led service offering individual service to each individual. This includes

self-help skills, independent living skills, personal care, social skills and various activities. We provide too many activities to list but some of them are walking, cooking, cinema, swimming and bowling. We have fun!

Referral by social worker/care manager is required.

Contact: Aberdeenshire Council Social Work, [Social work office](#), 45 Station Road, Banchory AB31 5XX

Tel: 01330 824991

<http://www.aberdeenshire.gov.uk/social-care-and-health/local-social-work-offices/>

2.18 childcare@home Aberdeenshire

childcare@home Aberdeenshire provides care for children aged 0 to 16 in their own home, and mobile crèches across Aberdeenshire. Care is provided by qualified and experienced childcare staff. childcare@home aims to provide a flexible, affordable, high quality childcare service to meet the needs of shift workers and those requiring fluctuating hours of care. The service is run by One Parent Families Scotland. Formerly called Aberdeenshire Sitter Service, the name of all One Parent Families Scotland's sitter services was changed in June 2005 to childcare@home. The childcare workers, who have had Enhanced Disclosure Checks, will provide children with the care required by the family, which may include taking children out, to and from school or nursery and giving them meals, as well as appropriate activities.

Parents registering to use the service will be visited by the Manager to ensure that their home meets safety requirements and to complete the registration process. The service is also registered by the Care Commission to provide mobile crèche facilities in various locations across Aberdeenshire.

Contact

Address: 2 High Street, Inverurie AB51 5NB

Telephone: 01467 641000

Email: childcare.aberdeen@opfs.org.uk

Website: <http://www.opfs.org.uk>

2.19 Cornerstone Saturday Clubs

Cornerstone hold Saturday Clubs in Stonehaven and Turriff allowing children with disabilities the chance to socialise with people their own age, take part in activities like arts and crafts and games.

Contact: enquiries@cornerstone.org.uk

Address: Atholl House 86-88 Guild Street Aberdeen AB11 6LT

Tel: 01224 256 000 Fax: 01224 213105

2.19.1 *Cornerstone Star Carers*

Star Carers is Cornerstone's respite care service for children and young people with disabilities and other support needs up to the age of 18. The service cares for children of all ages in their home or out in the community. Star Carers supports children and families in a number of ways, whether helping parents at busy periods in the day such as meal times, school runs and bedtime or enabling children to participate in a variety of leisure and social activities in the community. Many of the children we support have learning and/or physical disabilities such as autism, epilepsy or challenging behaviour and we develop individual care and support plans for each child.

Contact

Email: enquiries@cornerstone.org.uk

Address: Atholl House 86-88 Guild Street Aberdeen AB11 6LT

Tel: 01224 256 000 Fax: 01224 213105

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

2.20 Crossroads caring Scotland (Aberdeen)

Crossroads Caring Scotland - Aberdeen provides trained Care Attendants. Crossroads is a national scheme which has been operating in the Aberdeen area since the early 1980s. Crossroads Caring Scotland - Aberdeen is managed by the National Office. This support is provided at times when it is most needed. Crossroads Care Attendants can provide personal care needs.

Contact

Address: 5 Waverley Place, Aberdeen AB10 1XH

Tel: 01224 641984

Fax: 01224 642037

Email: aberdeen@crossroads-scotland.co.uk

Website: <http://www.crossroads-scotland.co.uk>

2.21 Ellon DIY Club

Respite club for children with special needs. Socialising, learning new skills, games and outings.

Ellon DIY Club – currently at Ellon Resource Centre – contact: 01466 799600

Kintore DIY Club – currently based at Kintore Family Resource centre but will be moving to Inverurie Family Resource Centre in the summer and name will be changing to reflect this.

Huntly DIY Club – based at Huntly Family Centre

Children attending these groups are all open cases to Social Work and have an identified need through a Children and Young Person's Assessment.

Contact: 01466 799600.

Opening Times: every 2nd Saturday, 10am-3.30pm

2.22 Inspire

Inspire is a Scottish charity empowering the life choices of hundreds of adults, young people and children with learning disabilities and additional support needs in north east Scotland. The organisation provides a range of services in Aberdeen City, Aberdeenshire and Moray including residential care, supported accommodation, training for employment initiatives and respite.

We support people in a variety of settings, from enabling individuals and their families to plan for current and future support needs using person centred planning, to providing self-directed support to help people achieve their chosen outcomes.

At Inspire we believe in the potential of every individual we support and our services evolve to ensure that the correct care and encouragement is given to those who need it.

We currently offer a range of over 50 services including:

- Residential services
- Day services
- Support to people in their communities
- Respite care
- Holiday Activity Schemes
- Social Support Groups
- Social enterprises
- Training for employment initiatives

Contact

Address: Inspire, Beach Boulevard, Aberdeen AB24 5HP

Tel: 01224 280005

Email: info@inspiremail.org.uk

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

2.23 Revitalise

Accessible respite care holidays & short breaks

Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers for over 50 years. Revitalise also offers inspirational opportunities for volunteers through one of the largest and most diverse volunteering programmes of any UK charity.

Revitalise was founded in 1963 as the Winged Fellowship Trust (WFT). In 2004 WFT became Vitalise and in 2014 Vitalise became Revitalise.

We currently run three accessible holiday centres in Chigwell in Essex, Southampton and Southport.

Our mission is to enable disabled people in the UK to access essential breaks with care, and provide inspirational opportunities for volunteers.

We firmly believe that disabled people should have the same rights, freedoms, responsibilities and quality of life as those without disabilities.

Contact:

Tel: 0303 303 0145

Email directly from the website at:

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

2.24 Sharedcare Scotland

Shared Care Scotland has a vision of a Scotland where everyone who receives support or provides unpaid care can live a satisfying life, with the assistance they need to take regular, quality breaks from demanding caring routines.

To do this we offer services including events, publications and research reports, and an online directory of short break services. The directory, which is available at www.sharedcarescotland.org.uk lists over 400 short breaks services across Scotland. Carers and the people they support can search for breaks by area, type of service, and the care needs they provide. Shared Care Scotland also run a short breaks telephone enquiry service from 9am-4pm Monday to Friday. The enquiry line number is 01383 622462.

Address: Unit 2, Dunfermline Business Centre, Izatt Avenue, Dunfermline, Fife KY11 3BZ

Email: office@sharedcarescotland.com

Tel: 01383 622462

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

2.25 Shared Lives - Aberdeenshire

What is a shared lives placement?

Shared lives carers provide support to adults with disabilities to enable them to live their life in the community.

The shared lives scheme helps you to:

- live independently,
- maintain and enhance your physical, emotional and spiritual wellbeing,

- protects you from harm
- is tailored to your needs

What does the shared lives scheme provide?

- day support in the shared lives carer's home
- shared breaks in the shared carer's home
- long- term accommodation and support
- weekend breaks away

In all circumstances, you can enjoy a change in the company of the carer. It gives you the opportunity to take part in activities, outings or you can simply choose to relax.

The Shared Lives Scheme offers three short weekend breaks a year to people who are interested in shared lives, their family carers, shared lives carers. In 2015 we are going to Glenesk, Glenmore and Parkmore. Our first event in Glenesk was full in a week, Glenmore is currently being advertised and Parkmore will take place in November.

A break or a holiday can help people to relax whilst recharging their batteries. This is no different for people who have a disability and their families. We provide venues that offer value for money, have stunning environments, whilst providing good food and giving fabulous opportunities to try new activities. This all takes place in an equal, flexible setting where everyone can help and give something to others whilst growing as a person in their own right.

If you want to find out more about these short breaks or our weekend day events contact the [Shared Lives team](#).

Shared Lives can also provide support during periods of transition. Times of transition in life can be difficult for us all, but even more so if you have support needs such as learning and/or physical disability or mental health issues.

Whether it's moving into adulthood and gaining some independence; thinking about moving from the family home; moving to a new area; coping with a bereavement or change in health or simply wanting some new experiences.

Times of transition can be tough on individuals and their families but with a strong support network this process can be successful and fulfilling for everyone.

If you would like to use this scheme, or want become a carer, please

Contact

Email: sharedlives@aberdeenshire.gov.uk

Tel: 07824837791.

Address: The Shared Lives Team

[Carlton House](#) (map), Arduthie Road, Stonehaven, AB39 2DL

Website: www.aberdeenshire.gov.uk/sharedlives

2.26 Short breaks or respite care for adults with learning disabilities (Aberdeenshire)

Highfield Bungalow, Residential Short Break Unit, Banchory

This unit is registered with four beds and provides short breaks to both adults and children but at separate times. The unit is adapted for people with physical disabilities including hoist system and adapted bathroom.

Contact: Manager
[58 Highfield Avenue](#) (map)
Banchory, AB31 4FB

Tel: 01330 823434

Robertson Road, Residential Short Break Unit, Fraserburgh

This unit is registered with four beds and provides short breaks to both adults and children but at separate times. The unit is adapted for people with physical disabilities including hoist system and adapted bathroom.

Contact: Manager
Address: Robertson Road, Residential Short Break Unit, [Robertson Road](#), Fraserburgh, AB43 9BF

Tel: 01346 512447

Seafield Road, Residential Short Break Unit, Peterhead

This unit is registered with three beds for adults.

Contact: Manager
Address: [6 Seafield Road](#), Peterhead, AB42 2XS

Tel: 01779 477192

Willowbank, Short Break Bungalow, Peterhead

This unit is registered with four beds and provides respite to both adults and children, but at separate times. The unit is adapted for people with physical disabilities including hoist system and adapted bathroom.

Contact: Manager
[Willowbank Respite Bungalow](#) (map)
Glendaveny, Peterhead AB42 3DY

Tel: 01779 838917

2.27 Taigh Farrairs respite unit

Taigh Farrairs offers year round short breaks or respite care for, aged 16 to 70, either with or without their carer. It is available for residents in Aberdeen, Aberdeenshire and Moray.

It is managed by Grampian Living Options Limited, a local voluntary organisation. Grampian Living Options is largely run by people with a physical disability and so has special insight in helping to manage the respite service to the best advantage of physically disabled people and their carers.

Taigh Farraais aims to:

- offer enjoyable, restful breaks for adults with disabilities and their carers
- offer a positive experience in a safe environment with care, support and help in meeting an individual's needs
- work alongside the families and carers of guests to make sure the service is tailored to their individual needs
- respect the dignity and independence of guests at all times
- offer a homely environment with a service which provides as wide a range of choices as possible, including choice of lifestyle

Taigh Farraais is a purpose built house. It has four rooms. Three with overhead tracking hoists and two with ensuite facilities. The whole building is barrier free and fully adapted for disabled people.

The staff consists of a manager and seven assistants who are trained in caring for people with a wide range of physical disabilities. The unit is staffed 24 hours a day, with at least two members of staff from 7.00am to 11.00pm and one member of staff is on duty throughout the night.

Taigh Farraais has a planned care system to identify the social, psychological, recreational and personal needs of each individual. Although direct medical care is not provided, medical needs are met by Forres Health Centre.

Contact

Address: Taigh Farraais Respite Unit, MacDonald Drive, Forres, Moray IV36 0NG

Tel: 01309 676417

2.28 Voluntary Service Aberdeen (VSA)

Holiday Playschemes for children with additional support needs

These provide respite and continuity for parents / carers and children during the school holidays. We just have fun and try to make each holiday the best ever by going on outings, visiting

Venue: Orchard brae School

8 children/young adults per day 5 - 18 years

4 staff per day

Monday - Friday 9.00am - 5.00pm

1 week in Easter, 4 weeks in summer and 1 week in October

Coordinator: John Herron

Holiday Fun Club

Venue: Orchard Brae School– Easter and October holidays and Heathryburn School - summer holidays

18 children/young adults per day from 8 - 17 years

4 staff per day

Monday - Friday 10.00am - 2.30pm

3 days in Easter, 4 weeks in summer and 3 days in October

Coordinator: Grace Gray

Under 8's

Venue: Ashgrove Family Centre

8 children per day from 5 - 8 years

4 staff per day

Monday - Friday 9.30am - 2.30pm

3 days in Easter, 4 weeks in summer and 3 days in October

Coordinator: Rachel Edmond

Contact:

For more information on these services, please contact:

Elaine Michael

Tel: 01224 212021

Email: Elaine.Michael@vsa.org.uk

<https://www.vsa.org.uk/vsa/children-and-young-people/holiday-playscheme.html>

2.29 VSA - Short Breaks Fund

Creative Breaks for Carers

This Fund is only available for Shire Carers Service at this time.

VSA Carers Services in Aberdeenshire is delighted to announce that we have again received funding through the Scottish Government's Short Breaks Fund to help pay for creative breaks for adult carers, kinship carers and young carers in Aberdeenshire.

In the past, carers have benefited from the fund by help to pay for driving lessons, a trip to the theatre, alternative therapies, and residential respite. The fund is flexible to help you create the break that is best for you and the person you care for.

The fund is now open for applications.

Contact:

VSA Carers Services for Aberdeenshire - Carers aged 18 - 64)

Tel: 01569 766714

VSA Carers Services - Aberdeenshire - Carers aged 65 and over or anyone caring for someone in that age group

Tel: 01261 818143

Email: carla.angus@vsa.org.uk

<https://www.vsa.org.uk/vsa/support-for-carers/short-breaks-fund.html>

3 COMMUNITY ACTION

3.1 Aberdeenshire Community Planning Partnership

This is a partnership between major providers of Aberdeenshire public and voluntary services who work with communities to deliver better services.

Email: community.planning@aberdeenshire.gov.uk

Contact: Strategic Development Officer (Community Planning)

Address: Aberdeenshire Council, Woodhill House, Westburn Road, Aberdeen AB16 5GB

Tel: 01224 664316 / 01224 664308

Area Contacts:

Banff and Buchan

Caroline Smith, Banff and Buchan Area Office
St Leonard's, Sandyhill Road, Banff AB45 1BH
Tel: 01261 813305

Email: Caroline.Smith@aberdeenshire.gov.uk

Buchan:

Steph Swales, Buchan Area Office,

Buchan House, St Peter Street, Peterhead, AB42 1QF
Tel: 01779 477363

Mob: 07979 708622

Email: steph.swales@aberdeenshire.gov.uk

Formartine

Debra Campbell, Formartine Area Office
29 Bridge Street, Ellon, AB41 9AA
Tel: 07979 708101

Email: Debra.Campbell@aberdeenshire.gov.uk

Garioch

Jill Sowden, Garioch Area Office
Gordon House, Blackhall Road, Inverurie
AB51 3WB

Tel: 01467 534455

Email: jill.sowden@aberdeenshire.gov.uk

Kincardine and Mearns

Marion Chalmers

Kincardine and Mearns Area Office Viewmount,

Arduithie Road, Stonehaven AB39 2DQ

Tel: 01569 768327

Email: marion.chalmers@aberdeenshire.gov.uk

Lesley Robertson, Kincardine and Mearns Area Office
Viewmount, Arduthie Road, Stonehaven AB39 2DQ

Tel: 01467 532782

Email: Lesley.Robertson@aberdeenshire.gov.uk

Marr

*Lucy Styles, Marr Area Office
School Road, Alford AB33 8TY*

Tel: 01467 530782

Email: lucy.styles@aberdeenshire.gov.uk

For more information and regular newsletters go to

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

3.2 Community Learning and Development

Community Learning and development supports people of all ages to gain achievement through their own personal development and learning. It also supports communities and community groups to achieve their own goals and ambitions through building community capacity.

The principles of community learning and development are:-

Empowerment – so that groups and individuals can affect the issues affecting them and their communities.

Participation – to the involvement of people in decision making

Inclusion – recognising that some people need additional support to overcome barriers.

Self-determination – supporting people to make their own choices

Community Development Groups (CDGs) enable local people to get involved in identifying, promoting and developing learning and leisure opportunities which are relevant and accessible to their local community.

Members of the group have a real say in what goes on in their area and have control over local CDG funds. New members are always welcome.

The groups are made up of:-

- People with an interest in learning opportunities
 - People from voluntary groups in the community
 - People with an interest in sports
 - People with an interest in the arts
 - People with an interest in libraries
 - People interested in their local community
 - Community Councillors and Aberdeenshire Councillors
-

<http://www.educationscotland.gov.uk/communitylearninganddevelopment/index.asp>

Aboyne

Deeside Community Centre, Bridgeview Road, Aboyne AB34 5JN

Telephone: 013398 86222

Or 013398 85033

Other centres used by community groups:

Feeder Primary Schools used for Adult Learning classes, including Aboyne Primary, Ballater Primary, Torphins Primary. Learney Hall, Torphins. Lumphanan Village Hall. Scout Hut, Aboyne. Auld Kirk Hall, Aboyne. Tornaveen Community Hall, Tornaveen. Victoria and Albert Halls, Ballater. Victory Hall, Aboyne. Glassel Community Hall, Glassel. Castleton Hall, Braemar

<https://www.aberdeenshire.gov.uk/schools/cld/aboyne/>

Alford

Alford Community Centre, Murray Terrace, Alford AB33 8PY

Telephone: 019755 63651

Other centres used by community groups:

Local Rural Halls, Academy, Swimming Pool

<https://www.aberdeenshire.gov.uk/schools/cld/alford/>

Banchory

Banchory Community Learning Centre, Schoolhill, Banchory AB31 5TQ

Telephone: 01330 825966

Other centres used by community groups:

Banchory Town Hall, Dalvenie Gardens Resource Centre, Banchory Primary Hall

<https://www.aberdeenshire.gov.uk/schools/cld/banchory/>

Banff

Bridge Street Community Centre, Bridge Street, Banff AB45 1HD

Telephone: 01261 812450

Other centres used by community groups:

Macduff Arts Centre, Clergy Street, Macduff
The Shoppie, Strait Path, Banff

<https://www.aberdeenshire.gov.uk/schools/cld/banff/>

Ellon

Ellon Community Centre, Schoolhill road, Ellon AB41 9JS

Telephone: 01358 727910

Other centres used by community groups:

Ellon Community Development Group

Nicola Twine, Senior Community Learning and Development Worker

The Ythan Centre, Ellon AB41 9AE

Telephone: 01358 729237

Email: nicola.twine@aberdeenshire.gov.uk

<https://www.aberdeenshire.gov.uk/schools/cld/ellon/>

Fraserburgh

Broch Community Centre, Alexandra Terrace, Fraserburgh AB43 9PR

Telephone: 01346518788

Other centres used by community groups:

Fordyce Street Hall, Rosehearty, JIC Building, Albert Street, Fraserburgh,
Dalrymple Hall, Seaforth Street, Fraserburgh

<https://www.aberdeenshire.gov.uk/schools/cld/fraserburgh/>

Huntly

Linden Centre, Castle Street, Huntly AB54 4SE

Telephone: 01466 792502

Other centres used by community groups:

Insch Community Centre Tel: 01464 820860 - office opening hours are 9.30 -
12noon, Culsalmond Community Centre, Rhynie Community Centre, various
village halls

<https://www.aberdeenshire.gov.uk/schools/cld/huntly/>

Inverurie

Garioch Community Centre, Chelsea Road, inverurie, AB51 3PL

Telephone: 01467 620353

Other centres used by community groups:

Wyness Hall

Port Elphinstone Community House

<https://www.aberdeenshire.gov.uk/schools/cld/inverurie/>

Kemnay

Kemnay Academy and Community Learning Centre, Bremner Way, Kemnay
AB51 5FW

Telephone: 01467 641444

Other centres used by community groups:

Kemnay Youth Café, Alehousewells Primary School, Kemnay Primary
Kintore Primary, Kemnay Village Hall, Kinellar Community Hall

<https://www.aberdeenshire.gov.uk/schools/cld/kemnay/>

Laurencekirk

Mearns Community Education Centre, 148 High Street, Laurencekirk
AB30 1BL

Telephone: 01561 378298

Other centres used by community groups:

COMET (Community Outreach Mobile Education Training)

<https://www.aberdeenshire.gov.uk/schools/cld/laurencekirk/>

Meldrum

Meldrum Community Education Centre (Oldmeldrum)

Colpy Road, Oldmeldrum AB51 0NT

Telephone: 01651 871323

Other centres used by community groups:

Oldmeldrum Primary School

<https://www.aberdeenshire.gov.uk/schools/cld/meldrum/>

Mintlaw

Central Buchan Lifelong Learning and Leisure, Mintlaw Academy,

Station Road, Mintlaw, AB42 5FN

Telephone: 01771 622254

Other centres used by community groups:

St Johns Centre, New Pitsligo, Pitfour School, Old Deer Hall, Pavilion,
Heritage, Mintlaw

<https://www.aberdeenshire.gov.uk/schools/cld/mintlaw/>

Peterhead

Peterhead Leisure and Community Centre, Balmoor Terrace, Peterhead

AB42 1EP

Telephone: 01779 477277

<https://www.aberdeenshire.gov.uk/schools/cld/peterhead/>

Portlethen

Portlethen Community Learning Centre, Portlethen Academy, Bruntland Road

Portlethen, Aberdeen AB12 4QL

Telephone: 01224 786198

Other centres used by community groups:

Portlethen Academy, Bettridge Centre, Newtonhill and Porty Cabin Youth facility.. Also Kincardine & Mearns COMET mobile unit.

<https://www.aberdeenshire.gov.uk/schools/cld/portlethen/>

Stonehaven

Stonehaven Community Centre, Bath Street, Stonehaven AB39 2DH

Telephone: 01569 762688

Other centres used by community groups:

Johnshaven Church Hall – CLD run Youth Group Wed from 7-8.30pm

Bervie Burgh Chambers – CLD run Youth Group Wed from 7-8.30pm

<https://www.aberdeenshire.gov.uk/schools/cld/stonehaven/>

Turriff

Gateway Community Centre, Victoria Terrace, Turriff AB53 4EE

Telephone: 01888 562562

<https://www.aberdeenshire.gov.uk/schools/cld/turriff/>

Westhill

Westhill Community Centre, Hays Way, Westhill AB32 6XZ

Telephone: 01224 740089

Other centres used by community groups:

Westhill Old School House, Westhill Old Primary School, Westhill Academy

<https://www.aberdeenshire.gov.uk/schools/cld/westhill/>

3.3 Councillors:

Community Action

Parents may want to contact their local representatives about issues or concerns which might affect their children or family life.

Contacts

Aberdeenshire:

Telephone enquiries: 08456 08 12 07

For your local councillor please look under:

<https://www.aberdeenshire.gov.uk/council-and-democracy/councillors/councillors/>

3.4 Member of Parliament (UK)

To contact your local MP please look on the website:

<http://www.parliament.uk/mps-lords-and-offices/mps>

Telephone: 020 7219 4272

Email: hcenquiries@parliament.uk

Text phone: dial 18001 followed by 020 7219 4272

Address: House of Commons, London SW1A 0AA

3.5 Members of the Scottish Parliament (MSPs)

To contact your local MSP please look on the website:

<http://www.scottish.parliament.uk/msps/current-msps.aspx>

Telephone: 0131 348 5000

Freephone: 0800 092 7500

Text phone 0800 092 7100

Address: The Scottish Parliament, Edinburgh EH99 1SP

4 COMPLAINTS

4.1 Children's Rights Service – Aberdeenshire

The children's rights service helps children and young people who are being looked after. We help you understand your rights and make sure that they are being respected.

The service is independent from social workers, teachers, residential care staff, foster carers, educational psychologists and all other adults concerned with your care.

In this section, you can find out more about:

- [Who can use the service](#)
- [What the service does](#)
- [Your rights](#)
- [Young People's Organising and Campaigning group](#)
- [Useful contacts](#)

Who can use the service

The children's rights service is there for all children and young people who are, or have been, looked after by the council. It is also there for children and young people who have been placed in a residential school for their education.

Looked after can mean that you are living away from home at the moment. You might be living in a children's home, a foster family, a residential school or a secure unit. It can also mean that you are living at home while on a supervision requirement from a children's hearing.

You have important rights which must be respected.

Anyone can ask for help from the children's rights service, but the children's rights officer will only get involved if you agree.

What the service does

The children's rights service is there to help you to better understand your rights and responsibilities when being looked after or living away from home. We can also tell the adults responsible for you about what rights you have and how they can respect them.

The children's rights service can:

- Give you information and advice about your rights, if you'd like a copy of our information pack contact [children's rights officer](#)

- Help you to represent your views at meetings, like children's hearings, LAC reviews or other meetings
- Help you make a complaint, or sort out your concerns
- Listen to and take seriously what you say
- Help you to put forward your views on services for children and young people
- Help put a stop to things that should not happen
- Make sure that those caring for you listen to what you have to say
- Put you in touch with other people who can give you help and advice

A children's rights officer is there to work for you and with you. You can ask the children's rights officer about any problem, or worry you may have, or about what your rights are.

The children's rights officer can help over the phone, by writing to you or by arranging to visit you in a place you find suitable. You can have someone there to support you if you want.

Anything you tell the children's rights officer is confidential. They will not discuss it with any other person without your permission.

Social workers, residential workers and foster carers should know about the children's rights service and will be able to help you use it. You should not be stopped from contacting the children's rights service and you should never get into trouble for this. It is your service and you have a right to use it.

Your rights

Children and young people have rights laid down by international and Scottish law, and by government policy. These include:

- The United Nations Convention on the Rights of the Child
- The Children (Scotland) Act 1995
- The Human Rights Act 1998

The children's rights service will support you to make sure that your rights are respected. But remember - other people have rights - and these should also be respected. It is not acceptable for people to be violent to one another, insult one another, steal or damage property.

These rules apply to adults and children. If you respect other people's rights, your rights are more likely to be respected.

Young People's Organising and Campaigning group

The Young People's Organising and Campaigning (YPOC) Group is a group of young people - aged 14 and over - who are, or have been, looked after away from home. The group meets monthly and is open to any young person who wants to come along.

The YPOC group gives you the opportunity to share your views and experiences of being looked after so we, and our partner agencies, can then improve our services.

The group also looks for ways to help more young people have a voice. Campaigning and highlighting the issues that affect you.

The YPOC group takes part in:

- Training events for your teachers and partner professionals
- The launch of the corporate parenting guidelines
- The launch of the council's looked after children guidelines and education
- [Tell it like it is events](#)

The children's rights service is also helping the YPOC group to link into the formal structures of the council.

The YPOC group have written and produced guides and DVDs about:

- [Making meetings better](#)
- [Corporate parenting guide](#)
- [Supporting looked after young people in school guide](#)

Making meetings better

The YPOC group have written and produced a guide and DVD to meetings for the adults who come to looked after young people's meetings.

The guide is for the adults who come along to looked after young people's meetings. It tells them what would help children and young people to take part more fully in their meetings and what the adults can do to support them.

Read the [guide \(pdf 466KB\)](#) or watch the [video \(14 minutes\)](#).

Corporate parenting guide

The YPOC group have written and produced a guide and DVD We Are the Bairns. It is about corporate parenting from the perspective of looked after young children.

This guide is for anyone who is involved with the care of looked after children, so that everyone with a corporate parent role knows what young people expect of them.

Read the [guide \(pdf 887KB\)](#) or watch the [video \(14 minutes\)](#).

Supporting looked after young people in school guide

The YPOC group created Don't Judge, We're no different from you guide and DVD to improve the experience of looked after children in school.

This guide is aimed at corporate parents in education and school management to get them to understand that school is important for you and that if you can do well at school, you can do well in life. It helps teachers and support staff to know the challenges that you might be facing and how it will affect your ability to learn.

It is also important for other pupils to understand what it's like to be in care and that most of the time, you are not in care because you have done something bad.

Contact

Freephone: 0800 917 8275

An answering machine is switched on when the children's rights officer is out. If you leave a message giving your name and how you can be contacted, the children's rights officer will get in touch with you quickly.

Only the children's rights officer will listen to your message.

Address: Children's Rights Service, FREEPOST SCO4560, Inverurie

Email: childrens.rights@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/children-s-rights-service/>

4.2 Education complaints - Aberdeenshire

If you have an issue with your child's school, or the services provided at the school you should speak to the Head Teacher in the first instance. If the Head Teacher is unable to resolve your concern to your satisfaction you should ask the Head Teacher for the contact details of your Quality Improvement Officer. You should contact your local Quality Improvement Officer directly and discuss your concerns with them. If you are not satisfied with the response you receive from your Quality Improvement Officer you should contact the Director of Education at Woodhill House, Westburn Road, Aberdeen, AB16 5GB. Finally, if you are still dissatisfied with the responses you have received you should go to step 2 of the complaints procedure

<https://www.aberdeenshire.gov.uk/schools/parents-carers/>

At Level 2 status a senior member of staff will undertake a further investigation.

What if I am still not happy? If you are still not happy with the response or the way your complaint has been handled, simply contact the officer who responded to you and advise them of your dissatisfaction.

Your complaint will then be raised to Level 3 status and your local Area Manager will undertake a further investigation.

What if I still don't think my complaint has been properly dealt with?

If you are not happy with our final response, you have the right to contact the Scottish Public Services Ombudsman who may decide to undertake an independent investigation on your behalf. The SPSO is the final stage about complaints for most organisations providing public services in Scotland. Their service is independent, free and confidential.

<https://www.aberdeenshire.gov.uk/schools/parents-carers/>

4.3 Education Law Unit

The Education Law Unit works in partnership with schools, education authorities, parents' groups and charities across Scotland to make pupils' rights and parents' rights in education a reality. **Govan Law Centre** (GLC) is an independent, charitable community controlled law centre operating in Scotland.

Contact

Address: Education Law Unit, 47 Burleigh Street Glasgow G51 3LB

Telephone: 0141 445 1955

Email: advice@edlaw.org.uk

Website: <http://www.edlaw.org.uk>

4.4 Grampian Regional Equality Council (GREC)

GREC's mission is to advance equality for all people. To achieve this our objectives are:

- to tackle discrimination – pursuing equality for all
- to promote community cohesion – supporting strong and stable communities and promoting respect for diversity
- to manage diversity – working with partners; providing constructive challenge; and helping to address issues e.g. migration
- to collect evidence and undertake research – gathering information; informing services and policy

GREC was established in 1985 as a Community Relations Council. Since then GREC has played a leading role in the North East of Scotland in advancing the equality for all in the region.

Contact

Address: GREC, 41 Union Street, Aberdeen AB11 5BN

T: 01224 595505

E: info@grec.co.uk

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

4.5 Independent Mediation Service

Mediation in Education, Aberdeenshire

About Mediation in Education Service

Where parents, carers or young people have concerns about additional learning support offered, they have a right to ask for independent mediation under the Additional Support for Learning Act.

Mediation in Education is an independent mediation service for families who are in dispute with the council about the additional learning support to be provided for the education of a child or young person. Families have a right under the Additional Support for Learning Act to request this service which is voluntary and confidential.

Who it is for

Children and young people in Aberdeenshire who have concerns about additional learning support offers.

What we do

Mediation is a way of resolving disputes giving everyone a chance to have their say, using an independent, trained mediator to help people to understand each other's point of view and reach agreement on a mutually acceptable way forward.

Find out more

Contact:

CHILDREN 1ST
15 Frithside Street, Fraserburgh AB43 9AR

Tel: 01346 512733

Email: aberdeenshire@children1st.org.uk

<http://www.children1st.org.uk>

4.6 NHS complaints

Most medical care and treatment goes well, but things occasionally go wrong, and you may want to complain. So where do you start? Every NHS organisation has a complaints procedure. To find out about it, ask a member of staff, look on the hospital or trust's website, or contact the complaints department for more information. You may want to make positive comments on the care and services that you've received. These comments are just as important because they tell NHS organisations which factors are contributing to a good experience for patients. If you're not happy with the care or treatment you've received or you've been refused treatment for a condition, you have the right to complain, have your complaint investigated, and be given a full and prompt reply.

The NHS Constitution explains your rights when it comes to making a complaint. You have the right to:

- have your complaint dealt with efficiently, and properly investigated,
- know the outcome of any investigation into your complaint,
- take your complaint to the independent Parliamentary and Health Service Ombudsman if you're not satisfied with the way the NHS has dealt with your complaint,
- make a claim for judicial review if you think you've been directly affected by an unlawful act or decision of an NHS body, and
- To receive compensation if you've been harmed.

You can complain either to the service that you're unhappy with, or you can complain to your local primary care trust (PCT) that commissioned the service

When should I complain? As soon as possible. Complaints should normally be made within 12 months of the date of the event that you're complaining about, or as soon as the matter first came to your attention. The time limit can sometimes be extended (so long as it's still possible to investigate the complaint). An extension might be possible, such as in situations where it would have been difficult for you to complain earlier, for example, when you were grieving or undergoing trauma.

Where do I start?

Since April 2009, the NHS has run a simple complaints process, which has two stages.

1. Ask your hospital or trust for a copy of its complaints procedure, which will explain how to proceed. Your first step will normally be to raise the matter (in writing or by speaking to them) with the practitioner, e.g. the nurse or doctor concerned, or with their organisation, which will have a complaints manager. Alternatively, if you prefer, you can raise the matter with your local primary care trust. This is called local resolution, and most cases are resolved at this stage.
2. If you're still unhappy, you can refer the matter to the Parliamentary and Health Service Ombudsman, who is independent of the NHS and government. Call 0345 015 4033

Who can help? Making a complaint can be daunting, but help is available.

NHS Direct can advise on NHS complaints. Call 0845 4647.

<http://www.nhs.uk/choiceintheNHS/Rightsandpledges/complaints/Pages/NHScomplaints.aspx>

4.7 Patient Advice and Liaison Service

Officers from the Patient Advice and Liaison Service (PALS) are available in all hospitals. They offer confidential advice, support and information on health-related matters to patients, their families and their carers.

Information about PALS can be found on the NHS choices website at

<http://www.nhs.uk/Pages/HomePage.aspx>

4.8 Police Complaints – Police Investigations & Review Commissioner (PIRC)

If you have a complaint about an individual police officer or civilian staff member the PIRC can review the way that the police organisation involved has handled your complaint. The PIRC can also consider complaints about the way a police organisation responded to a complaint about how it has delivered a policing service. You can ask the PIRC to review your complaint if you were:

- ☐ affected by something that led to a formal complaint about a police organisation or
- ☐ you witnessed something that led to a formal complaint about a police organisation

Contact: Police Investigations & Review Commissioner

Address: Hamilton House, Hamilton Business Park, Caird Park, HAMILTON ML3 0QA

Freephone: 0808 178 5577

Main switchboard 01698 542900

Telephone lines are open from 9am to 4.45pm, Monday to Friday.

Email: enquiries@pirc.gsi.gov.uk

Fax: 01698 542 901

<https://pirc.scot/>

4.9 Scottish Children's Reporter- Aberdeenshire and Aberdeen City

The Children's Hearings System is the care and justice system for Scotland's children and young people. A fundamental principle is that children who commit offences, and children who need care and protection, are dealt with in the same system – as these are often the same children. At the heart of the system are Children's Reporters, who are based in our local communities. Children and young people are referred to the Reporter from a number of sources, including police, social work, education and health. They are referred because some aspect of their life is giving cause for concern. The Reporter investigates each referral and determines whether compulsory measures of intervention are required. If compulsory measures of intervention are required, a Children's Hearing will be held. The Hearing consists of three Panel Members, all trained volunteers from the local community. The Hearing listens to the child's circumstances and then decides what measures are required. The child may require a particular type of treatment or intervention, they may be placed with foster carers, a residential unit or in secure accommodation. The Hearing may decide that the child should remain at home with support from other agencies, such as social work. The Hearings System aims to

ensure that the best interests of the child are met and that they receive the most appropriate intervention and support.

SCRA's Role

The Scottish Children's Reporter Administration (SCRA), along with other agencies has a responsibility for how the Children's Hearings System operates. SCRA's vision is to transform the life chances of vulnerable children and young people in Scotland - they are at the centre of everything we do. Focused on children and young people most at risk, SCRA's role and purpose is to:

- Make effective decisions about a need to refer a child to a Children's Hearing.
- Enable children and families to participate in Hearings.
- Provide suitable accommodation and facilities for Hearings.
- Disseminate information and data to inform and influence improved outcomes for children and young people.

Contact

Address: SCRA, The Exchange No 2, 62-104 Market Street,

Aberdeen AB11 5PJ

Aberdeenshire Team

Telephone: 0300 200 2181

Fax: 0300 200 2150

<http://www.scra.gov.uk/>

Aberdeen City Team

Telephone: 0300 200 2166

Fax: 0300 200 2160

<http://www.scra.gov.uk/>

4.10 Social Work Aberdeenshire – Complaints

Aberdeenshire Council has six administration Areas - Banff & Buchan, Buchan, Formartine, Garioch, Kincardine & Mearns and Marr. Comments on methods of improving service delivery or compliments regarding the quality of service provided are always welcome. The Council has a Comment, Compliment and Complaint form which is available at all council offices, in all public libraries and on the council web site here:

No matter which way you choose to make a complaint, the more information you can give the easier it will be to decide the most appropriate action to correct matters. You may be contacted for further information at any stage of an investigation.

If you have a complaint:

Making an informal complaint

The quickest way to complain is to contact (in person or by telephone) the person you have been dealing with and tell them what is troubling you.

If you don't want to speak to that person directly, ask to speak to their boss who will try and solve the problem on your behalf. If the matter needs further investigation, your name, address and contact telephone number will be asked for and contact will be made within 28 working days to inform you of the outcome of the investigation or to advise on progress.

Making a formal complaint

A formal complaint should be made if:

- you are unwilling or unable to make an informal complaint
- you are not satisfied with the outcome of an informal complaint
- you feel that the staff involved at a local level cannot deal with the problem

If the formal complaint is about something that has already been raised it is helpful if the names of the staff and location of the office which dealt with it can be supplied. A complaint can be investigated anonymously but it may limit the scope of the investigation.

Four simple ways to make a formal complaint:

- Return the form: Obtain a copy of the Comment, Compliment and Complaints form and complete the tear-off slip and post it free of charge to your local Area Manager (addresses listed below).
- Write a letter or send an e-mail: Write a letter or e-mail of complaint saying why you are dissatisfied, and send it to your local Area Manager (addresses listed below).
- Ask a member of staff to write for you: Ask the member of staff with whom you have dealt - or their manager - to write down your complaint for you. They will show you what they have written and if you are satisfied that your complaint has been accurately explained you will be asked to sign it. You will be given a copy and the original will be sent to the local Area Manager.
- Telephone: Telephone your local Area Managers office (telephone numbers listed below), or the office concerned, and say that you wish to speak to someone to make a formal complaint. They will note down the details and send you a written copy of your complaint as part of their acknowledgement.

Contact: *Chief Executive:* Jim Savege
Aberdeenshire Council, Woodhill House, Westburn Road, Aberdeen

AB16 5GB

Tel: 01224 665400

<http://www.aberdeenshire.gov.uk>

Contact: *Director of Housing and Social Work,*

Housing and Social Work, Aberdeenshire Council, Woodhill House
Westburn Road, Aberdeen AB16 5GB

Tel: 01224 665490

<http://www.aberdeenshire.gov.uk>

Aberdeenshire Council Local Area Managers:

Banff and Buchan

Local area manager , St Leonards, Sandyhill Road, Banff AB45 1BH
Tel: 01261 813200

Or Aberdeenshire Council: Freepost SCO1849, Banff, AB45 1ZL

Buchan

Local area manager, Arbuthnot House, 62 Broad Street, Peterhead B42 1DA
Tel: 01779 483200

Or Aberdeenshire Council: Freepost SCO1852, Peterhead, AB42 1ZL

Formartine

Local area manager, Formartine Area Office, 29 Bridge Street, Ellon AB41 9AA
Tel: 01358 726402

Or Aberdeenshire Council: Freepost SCO1851, Ellon, AB41 9ZL

Garioch

Local area manager, Gordon House, Blackhall Road, Inverurie AB51 3WA
Tel: 01467 628201

Or Aberdeenshire Council: Freepost SCO1848, Inverurie AB51 9ZL

Kincardine and Mearns

Local area manager, Viewmount, Arduthie Road, Stonehaven AB39 2DQ
Tel: 01569 768200

Or Aberdeenshire Council: Freepost SCO1850, Stonehaven, AB39 2ZL

Marr

Local area manager, School Road, Alford AB33 8TY
Tel: 019755 64800

Or Aberdeenshire Council: Freepost SCO1847, Alford, AB33 8ZL

4.11 Scottish Child Law Centre

Free legal advice for and about children and young people - we can help you with any questions about the law

The Scottish Child Law Centre are one of only a few dedicated providers of guidance and information on matters of law concerning children and young people. We provide services throughout the whole of Scotland.

We help children and young people, their families and carers, and professionals working for and with children by providing free expert legal advice and information through our advice line, email and website.

We also provide a wide range of training on the law and children's rights to organisations and individuals across Scotland, and produce a range of publications on various legal issues. We also do visits to schools and young people's groups.

You can contact us for legal advice by phone, email or post. We will return all calls received, but not to international numbers.

Contact

Address: Scottish Child Law Centre, 54 East Crosscauseway, Edinburgh
EH8 9HD

Advice Line: 0131 667 6333

Administration Line: 0131 668 4400

E-mail: enquiries@sclc.org.uk

Fax: 0131 662 1713

Freephone for Under 21's from Landlines: 0800 328 8970

Mobiles: 0300 330 1421

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

4.12 The Scottish Public Services Ombudsman

The Scottish Public Services Ombudsman (SPSO) is the final stage for complaints about councils, the National Health Service, housing associations, colleges and universities, prisons, most water and sewerage providers, the Scottish Government and its agencies and departments and most Scottish authorities

- [How we handle complaints](#)
- [Information leaflets](#)
- [Online complaint form](#)

For Organisations

- [Resources](#)
- [Our findings](#)
- [Sectoral information](#)

Information Centre

- [About us](#)
- [Our findings](#)
- [News and media](#)
- [Policy work](#)
- [Corporate information](#)
- [Statistics](#)
- [Freedom of Information](#)

Contact: *Scottish Public Services Ombudsman*, SPSO, Freepost EH641
Edinburgh EH3 0BR
Tel: 0800 377 7330

Tel: 0131 225 5300

E-mail: ask@spsso.org.uk

Web site: <http://www.spsso.org.uk>

5 EDUCATION AND LEARNING

5.1 Aberdeenshire Council list of schools

<https://online.aberdeenshire.gov.uk/Apps/Schools-Contacts/allschools.asp>

Telephone: 08456 08 12 07

Banff & Buchan Area Office

Town House

34 Low Street

Banff

AB45 1AN

email: banffandbuchanamo@aberdeenshire.gov.uk

Buchan Area Office

Buchan House, St Peter Street

Peterhead

AB42 1QF

email: buchan@aberdeenshire.gov.uk

Formartine Area Office

29 Bridge Street

Ellon

AB41 9AA

Garioch Area Office

Gordon House

Blackhall Road

Inverurie

AB51 3WB

Kincardine and Mearns Area Office

Viewmount

Arduthie Road

Stonehaven

AB39 2DQ

email: Kincardine.mearns@aberdeenshire.gov.uk

Marr Area Office

School Road

Alford

AB33 8TY

5.2 Active Schools

The Active Schools Aberdeen Team are responsible for putting in place and driving forward a range of planned activities in both school and community settings to help encourage children and young people's participation in the physical activity and sport.

Contact: Sport Aberdeen, Broadfold House, Broadfold Road, Bridge of Don, Aberdeen, AB23 8EE

Tel: 0845 608 0935

E-mail: activeschools@sportaberdeen.co.uk

Active Schools Aberdeenshire:

www.sportaberdeen.co.uk/activeschools

5.3 Aberdeenshire Additional Support Needs

Parents who are concerned about any aspect of their child's education or welfare in school are advised to talk to their child's class or guidance teacher, or the Head Teacher.

Aberdeenshire Council's website also contains a lot of information and advice about supporting children with additional support needs.

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/>

5.4 Aberdeenshire Educational Psychology Service

The Educational Psychology Service is part of the Education and Children's Services in Aberdeenshire Council. Educational Psychologists are trained to work with school staff, parents/carers and other professionals to help children and young people to achieve. If you have any concerns about your child's education it is best to share them with school staff first as many problems can be solved in school without the involvement of an Educational Psychologist. School staff will contact their named psychologist if they feel that he or she might be able to help. You are free to contact the Educational Psychology Service directly if you would prefer. In the first instance, the Educational Psychologist will discuss the general issue with school staff. Before the psychologist becomes formally involved with a child, parental permission is always required. If the psychologist becomes formally involved, his or her assessment is likely to be based on information shared by those most closely involved with your child. This information will be shared during a consultation meeting, which will last around 40 minutes. This meeting will involve yourself, school staff, the psychologist and any others who can helpfully contribute to this problem solving approach. It may be helpful for your child to attend the meeting, particularly if he or she is in secondary school. At the end of the

meeting there will be an agreed plan of action. A written record of the meeting will be sent to you and others who were present. A follow-up consultation meeting may be held to review the success of the action plan and decide if any further action is needed. Sometimes gathering information about your child may involve the psychologist observing your child in school or nursery, looking at your child's school work, playing with your child, talking and listening to your child, or using assessment materials. Sometimes the best way for Educational Psychologists to help is through less direct means such as advice and training for school staff, working closely with other professionals, projects that help improve learning and teaching, group work with pupils, training projects for pupils or workshops for parents.

For more information visit our website on
<https://www.aberdeenshire.gov.uk/schools/eps/>

Contact:

The Principal Educational Psychologist
Woodhill House, Westburn Road, Aberdeen AB16 5GB
Tel: 01467 532983
For general email enquiries: eps@aberdeenshire.gov.uk
Tel: 01467 536400

Area Teams

Fraserburgh: Educational Psychology Service
Dover Lodge, 117 Charlotte Street, Fraserburgh, AB43 9LS
Tel No: 01467 532983
E-Mail: fraserburgh.psych@aberdeenshire.gov.uk

Peterhead: Educational and Children's Services
Buchan House, St Peter Street, Peterhead AB42 1QF
Tel: 01467 537531
E-Mail: peterhead.psych@aberdeenshire.gov.uk

Banff: Education and Children's Services
32 Low Street, Banff AB45 1AY
Tel: 01467534510

Kintore: Educational Psychology Service
Craigearn Business Park, Morrison Way, Kintore AB51 0TH

Tel: 01467 536400

E-Mail: inverurie.psych@aberdeenshire.gov.uk

Stonehaven: Educational Psychology Service

Stonehaven Education Office, Queens Road, Stonehaven
AB39 2QQ

Tel: 01569 690535

E-Mail: stonehaven.psych@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk>

5.5 Aberdeenshire English as an Additional Language Service

Aberdeenshire is home to a number of families for whom English is not their first language.

Aberdeenshire's English as an Additional Language Service (EAL) has a consultation, advisory, training and teaching role. The EAL Service office is based in New Deer School. The EAL Team consists of a Coordinator and peripatetic teaching staff. Most staff have undertaken specialist training in Bilingual Learning.

The EAL Service works with

- children
- parents and carers
- staff in schools and nurseries
- libraries
- staff in Community Learning Development
- other agencies e.g. Health Visitors, Social Services
- voluntary organisations
- other education providers e.g. FE colleges

A leaflet about being bilingual is available to download in English, Polish, Russian and Chinese:

- [English - be bilingual \(pdf 660KB\)](#)
- [Polish - be bilingual \(pdf 729KB\)](#)
- [Russian - be bilingual \(pdf 821KB\)](#)
- [Chinese \(simplified\) - be bilingual \(pdf 732KB\)](#)

This leaflet is also available in Arabic, Bulgarian, Latvian, Lithuanian, Portuguese and Spanish by emailing eal.service@aberdeenshire.gov.uk.

The EAL Service can provide professional training and awareness raising sessions for parents, carers and families.

For more information contact:

Aberdeenshire EAL Service, New Deer School, New Deer, Turriff, AB53 6TB

Tel No. 01771 644199

Email: eal.service@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/english-as-an-additional-language/>

5.6 Aberdeenshire Sensory Support Services

Aberdeenshire Sensory Support Service is a peripatetic service staffed by:

- Teachers who specialise in working with pupils with a hearing or visual impairment
- Communicators qualified and experienced in using either British Sign Language or Braille
- Early Years Deaf Support Worker experienced in working with children who have a hearing impairment

Who do we work with?

- Babies, children and young people with a hearing or visual impairment until they reach school leaving age
- Parents and carers
- Staff in schools
- Other agencies e.g. Health , Social Services
- Third Sector organisations

When do we become involved?

- Within weeks of a diagnosis of hearing/visual impairment being made
- When a referral is made by a hospital specialist, a parent/carers, school or partner agency

Where do we provide support?

- In the home if the child is under three
- In a playgroup or nursery
- In any local authority school

What do we do?

- Assess a child's hearing or vision and then offer recommendations on how the child's needs can best be met
- Provide information, practical help, and advice
- Provide support in the use of specialist resources to promote independence
- Support the development of language and communication skills in pupils with a hearing impairment
- Advise and support staff in how to promote inclusion
- Work alongside teachers where pupils use Sign or Braille
- Organise mobility training/life skills for pupils with severe visual impairment
- Monitor a pupil's progress and provide reports
- Attend meetings to review progress and plan for the future

Contact:

Sensory Support Service
Westhill Academy,

Hay's Way, Westhill
Aberdeenshire AB32 6XZ

Tel: 01224 744 786

Fax: 01224 743 568

Email: sensorysupportservice.education@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/sensory-support-services/>

5.7 ASPECTS Aberdeenshire Specialist Technology Service

ASPECTS works with schools to support children with Additional Support Needs by making use of specialist ICT equipment and software across the school estate to support equality.

Children who are eligible for ASPECTS support will normally have an IEP (Individualised Educational Plan), which identifies areas of need at ASN levels 2 and 3.

These areas of need are then addressed using specialised ICT hardware and software. The school will determine if a referral is necessary and contact ASPECTS as required.

Specialists from ASPECTS will arrange a visit to the school and will work with school staff to complete an in depth assessment of the pupil's need, and identify the most appropriate hardware or software for the pupil to meet their educational needs.

ASPECTS will then monitor usage and benefit and continue to support the pupil throughout their education.

ASPECTS has a loan bank of equipment, which ensures that even quite complex or unusual ICT devices can be made available to pupils.

Contact: David Cooper

Email: aspects@aberdeenshire.gov.uk

<https://www.aberdeenshire.gov.uk/schools/additional-support-needs/aspects/>

<https://www.youtube.com/c/aspectsaberdeenshire>

<https://glowscotland.sharepoint.com/sites/AberdeenshireCouncil/aspects/SitePages/Home.aspx>

5.8 Aberdeenshire Support for Autism

Aberdeenshire Education and Children's Services provides placement opportunities and provision in mainstream schools, schools with enhanced

provision and community resource hubs to reflect the diversity of needs of children and young people with autism.

Next Steps Information Pack

The National Autistic Society (NAS) has produced an information pack, 'Next Steps' which is freely available to all parents to increase their understanding and awareness of ASD and to ensure that parents, families, families and individuals can access the relevant information and services they require.

Further Help and Support

For further information on Autism please contact:

Email: scotland@nas.org.uk

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

5.9 Early Education

Early Education was founded in 1923. Over ninety years later we continue to remain committed to supporting families and the professional development of all those working in early childhood education to ensure effective early childhood education experiences of the highest quality for all children across the United Kingdom.

Today, there is an increasing awareness that the earliest years of a child's life are the foundation for future life chances and achievement. A secure, safe and happy childhood is important in its own right, and provides the foundation for children to make the most of their abilities and talents as they grow up.

Through our work, we support both strategically and practically, more than 7,000 individuals working across early childhood education each year. We endeavour to effect change and respond rapidly to the changes in the early childhood education policy and practice landscape through consultation, campaigning and dialogue with policy makers as well as practically through projects, publications and resources, training and professional development and information and advice.

Contact: Early Education

Address: 54 Clarendon Road, Watford, WD17 1DU

Telephone: 01923 438 995

Email: office@early-education.org.uk

<http://www.early-education.org.uk>

5.10 Education Rights Service (The National Autistic Society)

Our Education Rights Service provides impartial, confidential information, advice and support on education rights and entitlements for parents and

carers of pre-school and school-age children with autism to help them get the educational support their child needs.

What help is available?

We can:

- offer confidential information, advice and support by phone or email
- explain education law and your rights and entitlements
- help you explore your options so that you can make informed decisions about your child's school education
- help you communicate effectively with your child's school and education professionals
- explain complaints and appeals processes and support you if you are making an appeal.

How do I get in contact?

- telephone (leave a message on our answering service and we will call you back) – 0808 800 4102 (free from landlines and most mobiles)
- our [online form](#)
- email: educationrightsscotland@nas.org.uk
- find education information online: <http://www.autism.org.uk/education>

5.11 Enquire

Enquire helps parents and carers understand children's rights to additional support for learning and how to work in partnership with schools and local authorities to ensure their child gets the support they need. Advice and information is provided through a telephone helpline, online enquiry service, a range of publications and a website.

Contact:

Enquire

The Scottish advice service for additional support for learning

0345 123 2303

Level 1, Roseberry House

9 Haymarket Terrace

Edinburgh

EH12 5EZ

0131 313 8800

Email: info@enquire.org.uk

www.enquire.org.uk

5.12 Family Information Service

The Family Information Service (FIS) is a free, impartial service giving detailed information and advice on childcare.

It can also give information on services across Aberdeenshire for children and young people, aged 0-19 years, and their families.

We can give details of and guide you to sources of further information on family services, including:

- Childcare
- Paying for childcare
- Becoming a childminder
- Pre-school information
- Family support services
- Play and recreational activities

The Family Information Service was formerly the Childcare Information Service.

Contact

Address: Craigearn Business Park, Morrison Way, Kintore AB51 0TH

Freephone: 0800 298 3330

Email: directly from the website

<https://www.aberdeenshire.gov.uk/contact-us/contact-us-family-information-service/>

5.13 LEAD Scotland (Linking Education and Disability)

Lead Scotland, (Specialists in Linking Education and Disability), is a voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland

Contact

Email: enquiries@lead.org.uk

Telephone [0131 228 9441](tel:01312289441)

Text phone users (18001) 0131 228 9441

Address: Lead Scotland, Room B05, Edinburgh Napier University, Merchiston Campus, 14 Colinton Road, Edinburgh EH10 5DT

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

Contact Mags Jospeh, Lead Scotland Learning Co-ordinator, for more information about Lead's services in Aberdeenshire.

Email: mjoseph@lead.org.uk

Telephone: 07768917504

Address: Lead Scotland, Room B05, Edinburgh Napier University, Merchiston Campus, 14 Colinton Road, Edinburgh EH10 5DT

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

5.14 Literacy / Dyslexia support

Aberdeenshire Education and Children's Services policy development in the field of Dyslexia and Literacy Difficulty has been advised by examples of good practice in Aberdeenshire schools, research undertaken by the [Educational Psychology Service](#) along with national guidelines. As part of this the Educational Psychology Service has developed assessment protocols in line with Aberdeenshire's staged procedures, building upon good practice and the concept of the dyslexia friendly classroom. The National Coordinator for [Dyslexia Scotland](#) commented on our guidelines. These have now been distributed to all our schools. All primary schools in Aberdeenshire have received copies of the Scottish Executive's "[Count Me In : Responding to Dyslexia](#)" information and staff development handbook. This is specifically targeted at primary school staff and promotes the development of the "dyslexia friendly" classroom. In line with the current programme to improve Enhanced Provision across Aberdeenshire, there will be continuing professional development and training opportunities for staff, and all staff can access the dyslexia toolkit online through the Aberdeenshire Support Manual.

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/literacydyslexia-support/>

5.15 National Autistic society – The Education Rights Service

Our Education Rights Service provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers of pre-school and school-age children with autism to help them get the educational support their child needs.

We can:

- offer confidential information, advice and support by phone or email
- explain education law and your rights and entitlements
- help you explore your options so that you can make informed decisions about your child's school education
- help you communicate effectively with your child's school and education professionals
- explain complaints and appeals processes and support you if you are making an appeal.

How to contact:

- telephone (leave a message on our answering service and we will call you back) – 0808 800 4102 (free from landlines and most mobiles)
- our [online form](#)
- email: educationrightsscotland@nas.org.uk
- find education information online: <http://www.autism.org.uk/education>

5.16 Transition Support Service (The National Autistic Society)

What is the transition support service?

Our transition support service is a free service for young autistic people aged 14 years plus and their parents or carers, looking for information and advice on the transition to adulthood. This includes young people preparing to leave school as well as further and higher education.

What help is available?

- Confidential information and advice by phone and email.
- An explanation of rights and entitlements throughout the transition process.
- Assistance with exploring options so that informed decisions can be made.
- Information about other services that may be useful during the transition process
- Guidance and support on specific issues such as engaging the young person, finding suitable provision, making a complaint or appealing against a decision.

How do I get in contact?

- telephone (leave a message on our answering service and we will call you back) – 0808 800 0027 (free from landlines and most mobiles)
- our [online form](#)
- email: transitionsupport@nas.org.uk
- find transition information online: www.autism.org.uk/transition

5.17 Libraries

Aberdeenshire Libraries

Local Libraries: You can find your local library on the website with details of opening hours, contact information, library stock, computer facilities and other services such as photocopying and fax.

Mobile Libraries: Find out when mobile libraries call in your area with information on the mobile services they provide such as stock available, loan periods and arrangements for adverse weather.

<http://www.aberdeenshire.gov.uk/libraries/>

Telephone: 08456 08 12 07

5.18 Police Liaison

Grampian Police has an Education Liaison Unit which has developed the Police Box- Learning for Life resource. The Police Box covers educational life skills covering 7 areas.

To support the delivery of the above resource, there are school liaison officers who are available to cover all schools in Moray, Aberdeenshire and Aberdeen. Following an extensive 3 week training course they offer support to nursery, primary and secondary schools by:

- Talking to parents e.g. P.T.A. school board
- Staff development
- Working with groups of children
- Identifying other agencies with relevant expertise
- Delivering lessons using clearly defined learning outcomes

Head teachers and teachers can contact their school liaison officer through:

Contact: Grampian Police: Education Liaison Unit

Silverburn Crescent, Bridge of Don, Aberdeen AB23 8EW

Tel : 01224 709995

Alternatively you can contact your local police station where you will be able to get information on your school's liaison officer.

5.19 Policies: Aberdeenshire Council

Aberdeenshire Council's policies and guidance documents and other information is available on the website, or click on the links below:

In addition to the information listed below, more information is available on the ASN website at: <http://asn-aberdeenshire.org/>

Aberdeenshire Council Race Equality Scheme

<http://www.aberdeenshire.gov.uk/council-and-democracy/equalities/>

Accessibility strategy

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/aberdeenshire-accessibility-strategy/>

Active schools

<http://www.aberdeenshire.gov.uk/leisure-sport-and-culture/active-schools/>

Admission procedures for primary and secondary schools

<http://www.aberdeenshire.gov.uk/schools/>

Additional support needs

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/>

Adverse weather – school transport

<http://www.aberdeenshire.gov.uk/roads-and-travel/school-transport/adverse-weather/>

ALEC – Aberdeenshire Life Education Centres

<http://www.alec.org.uk/home.html>

ASPECTS

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/aspects/>

Bilingual learners

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/english-as-an-additional-language/>

Health and Safety

<http://www.aberdeenshire.gov.uk/business/health-and-safety/>

Bullying

<http://www.aberdeenshire.gov.uk/social-care-and-health/community-care/community-care-policies-and-strategies/anti-bullying-strategy/>

CALM

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/calm/>

Child Protection Guidance

<http://www.girfec-aberdeenshire.org/>

Community Learning and Development

<http://www.aberdeenshire.gov.uk/schools/cld/community-learning-and-development-1/>

Transitions

http://www.aberdeenshire.gov.uk/media/10359/transitions-preparingmoveon_000.pdf

Early Years

<http://www.aberdeenshire.gov.uk/schools/eps/early-years/>

Education and Children's Services

<http://www.aberdeenshire.gov.uk/schools/>

Education maintenance allowance

<http://www.aberdeenshire.gov.uk/schools/parents-carers/assistance/education-maintenance-allowance-ema/>

Educational Psychology Service

<http://www.aberdeenshire.gov.uk/schools/eps/>

Risk assessment

<http://www.aberdeenshire.gov.uk/business/health-and-safety/legislation-and-guidance/risk-assessments/>

Free school meals

<http://www.aberdeenshire.gov.uk/benefits-and-grants/free-school-meals/>

Free school transport

<http://www.aberdeenshire.gov.uk/schools/parents-carers/assistance/free-school-transport/>

GIRFEC – Getting it right for every child

<http://www.girfec-aberdeenshire.org/>

Home education

<http://www.girfec-aberdeenshire.org/>

School transport

<http://www.aberdeenshire.gov.uk/roads-and-travel/school-transport/>

Horse riding for pupils with additional support needs

<http://asn-aberdeenshire.org/policies-and-guidance/>

Instrumental music service

<http://www.aberdeenshire.gov.uk/schools/ims/>

Looked after children

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/looked-after-children/>

Notes for Parents – zoning

<http://www.aberdeenshire.gov.uk/council-and-democracy/about-us/service-structure/education-and-childrens-services/>

Parental forums and councils

<http://www.aberdeenshire.gov.uk/schools/parents-carers/involvement/parent-forums-and-councils/>

School clothing grants

<http://www.aberdeenshire.gov.uk/schools/parents-carers/assistance/school-clothing-grants/>

School excursions

<http://www.aberdeenshire.gov.uk/schools/parents-carers/school-info/school-excursions/>

Sensory support

<http://www.aberdeenshire.gov.uk/schools/additional-support-needs/sensory-support-services/>

Special Dietary Policy

<http://asn-aberdeenshire.org/policies-and-guidance/>

Supporting Autism

<http://asn-aberdeenshire.org/>

Supporting gypsy travellers

<http://www.aberdeenshire.gov.uk/housing/minority-ethnic-communities/gypsy-travellers-culture/>

Literacy/dyslexia support

<http://asn-aberdeenshire.org/>

Supporting motor skills

<http://asn-aberdeenshire.org/policies-and-guidance/>

Supporting sensory impairment

<https://www.aberdeenshire.gov.uk/schools/additional-support-needs/sensory-support-services/>

Working together to support children and young people who are looked after

<http://asn-aberdeenshire.org/policies-and-guidance/>

5.20 Pupil Support Workers

The pupil support worker helps support pupil inclusion by providing social, emotional and behavioural support to young people. The pupil support worker works as part of a team to deliver effective outcomes to supporting pupils. Community School Networks have Pupil Support Workers.

5.21 Adult Learning

Community Learning and Development

Community Learning and Development in Scotland is a field of professional work linked to a more widely shared set of values and approaches. It draws on a long history of Community Education, Community Development and Youth Work ([here is a brief history](#)).

Read examples of work in [Scotland's local CLD services](#).

The role of community learning and development is to empower individuals, groups and communities. Learning opportunities are offered in a variety of ways – through group work, casual conversation, one-on-one sessions, play activities, and community action – making learning accessible for everyone.

<http://www.cldms.org.uk/cld-in-scotland>

**Aberdeenshire – Community Learning and Development
Areas of Work: Overall CLD**

The Aberdeenshire Learning Communities Partnership brings together key partner agencies involved in the delivery of CLD across Aberdeenshire. Priorities where we as a CLD Partnership can work together to improve outcomes:

- Develop an effective CLD Partnership through the Aberdeenshire Learning Communities Partnership and 17 Local Learning Community Partnerships
- Collaborate for Positive Learner Transitions
- Involve learners and communities in shaping and co-designing services - from engagement to empowerment
- Develop the workforce - joint professional learning and development opportunities for the paid and voluntary CLD workforce

Community Learning and Development (CLD) is a council service which works to:

- Improve life chances for people of all ages through learning, personal development and active citizenship
- Support stronger, more resilient, supportive, influential and inclusive communities

<https://www.aberdeenshire.gov.uk/schools/cld/>

Lifelong learning - Aberdeenshire

Building community capacity CLD staff work across networks - there are 17 networks built around each Academy and its associated Primary Schools.

CLD staff work in partnership with other agencies and organisations to improve life chances and sustain and strengthen communities. The network partnership is known as the 'learning community', and is co-ordinated through a Local Community Learning Partnership.

Our youth work is delivered through three different strands:

- Bridging the Gap - supports young people (particularly those who may need some additional support) at key transition stages such as moving from primary to secondary education
- Move on Up - helps young people with transitions into the senior phase at school (S3 onwards) and to develop skills for learning, life and work
- Youth Voice - helps young people to participate in decision making and to become active citizens

Adult and Family Learning is delivered through:

- Learning 4 Life - helping individuals develop the core skills which will allow them to participate fully in learning. This includes English for Speakers of Other Languages (ESOL) and support for learners to improve their literacy and numeracy
- Family Learning - a targeted approach to supporting parents to help them achieve the best outcomes for their children

Community Capacity Building work is delivered through:

- Knowing Communities - working with communities to identify issues

- and to gain a better understanding of emerging trends and needs
- Growing Communities - building on the strengths of community groups and organisations in meeting local needs by providing general and tailored training and support

<https://www.aberdeenshire.gov.uk/schools/cld/community-learning-and-development-1/>

5.22 The Big Plus

Did you know that many people who live in Scotland have difficulty with reading, writing or using numbers? The Big Plus is Scotland's campaign to promote the free help that's available across the country. And it's not like being back at school. It's relaxed and friendly and can take just a couple of hours a week. Explore our site to find out how we can help, then call or email us and we'll put you in touch with your nearest tutor.

Telephone: 0800 917 8000 (9am-5.30pm daily)

Email directly from the website:

<http://www.thebigplus.com/homepage>

5.23 Young People's Department

The Young People's Department is for young people (13th-18th birthday) with mental health problems, who are registered with General Practitioners in Aberdeen City and Aberdeenshire. The Young Peoples Department is a small multi-disciplinary Mental Health Team for young people and their families and / or carers. The service is primarily for children from birth to their 13th birthday and their families, but children with learning disabilities are seen up to school leaving age.

Contact: Royal Cornhill Hospital Young People's Department

Garden Villa

Cornhill Road

ABERDEEN

AB25 2ZH

Tel. No. 01224 557268

6 Careers

6.1 Cornerstone - Providing care and support in your community

Every day across Scotland, Cornerstone provides care and support services for adults, children and young people with disabilities and other support needs.

We operate with a person centred approach and identify goals for everyone we support based on four key areas – increased social inclusion, improved health, improved independence and improved wellbeing.

Our website contains information on our range of services but if there is anything you cannot find or would prefer to talk to someone directly, please [contact us directly](#).

Contact: enquiries@cornerstone.org.uk

Address: Atholl House 86-88 Guild Street Aberdeen AB11 6LT

Telephone: 01224 256 000 Fax: 01224 213105

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

6.2 Self-Directed Support

Here you will find all the information, advice and support you need to make an informed decision about the best option for you, plan your care and support and manage it in whatever way you choose.

We can support you by providing:

- Signposting to Social Work for Assessment
- Support and information to enable you to choose the right Option for you
- Assistance with enhancing your Support Plan and getting it approved by your Care Manager:
- Finding out about the services and opportunities available to you
- Deciding what kind of support you want, where and when you want it
- Deciding who you want to provide your support
- Support at reviews and meetings about your support

Contact

If you would like more information on SDS or would like to know more please call 01467 530520

Email: sds@cornerstone.org.uk

Visit our Direct Payment Support Service website at:

<http://dps.cornerstone.org.uk/>

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

6.3 Skills Development Scotland is Scotland's careers service.

Our fully qualified, expert Careers Advisers provide career information, advice and guidance in every secondary school in Scotland and from our careers centres across the country, including from our Aberdeen careers centre:

381 Union Street, Aberdeen AB11 6BT. Tel: 01224 285 200.

We are also based in community and partner premises across Scotland, and can be reached at our Customer Contact Centre – 0800 917 8000.

The work we do in schools increasingly is focusing on engaging with young people earlier in their academic life and supporting them through to their entry into sustained employment. Our greater interaction with industry means we can factor in their projected demand for skills in the future.

We are also the people behind My World of Work – Scotland's careers website. Visit today to get the help you need for the career you want!
myworldofwork.co.uk

7 FINANCIAL HELP

General Information

7.1 Aberdeen Endowments Trust

The Aberdeen Endowments Trust awards John Robb bursaries at Aberdeen University. These are grants to assist students with a connection to the city of Aberdeen to study at Aberdeen University. They are available to both undergraduate and post-graduate students. Recent awards have been for £500 per year with continuation provided satisfactory academic progress is made by the student.

Applications can be made at any time of the year to the Clerk of the Aberdeen Endowments Trust. Email or write to the Clerk with a letter of application and supporting evidence of registration in a course of study at Aberdeen University.

Grants Available

The Aberdeen Endowments Trust has provided free or subsidised places at Robert Gordon's College for pupils of academic potential from lower income families who would otherwise be unable to attend.

Grants for Educational Opportunities

The Trust has helped generations of people to participate in educational opportunities by providing:

- grants for school trips and educational travel
- secondary school bursaries
- grants for educational projects in music and the arts
- grants for further education
- grants to students at Aberdeen University

Contact: 01224 640194

Email: www.aberdeenendowmentstrust.co.uk

7.2 Aberdeenshire Educational Trusts

There are two main educational trusts administered by Aberdeenshire Council.

The Aberdeenshire Educational Trust

The applicant's immediate family must be based in Aberdeenshire. The awards aim to promote education in visual art, music and drama, and are usually made to schools.

Kincardineshire Educational Trust

The applicant or applicant's family must reside permanently in the former county of Kincardine. The grants aim to promote education in the visual arts, music and drama, through schools and organisations.

In special circumstances both trusts can grant to individuals however financial circumstances of an applicant and their immediate family will be taken into account.

Contacts Aberdeenshire Council

Tel: 01261 813336.

Address: The Trust Section, Finance Dept., St.Leonards, Sandyhill Road
Banff AB145 1BH

<https://www.aberdeenshire.gov.uk/communities-and-events/funding/aberdeenshire-educational-trusts/>

7.3 National Lottery Awards For All Scotland

National Lottery Awards for All Scotland is a partnership between the Big Lottery Fund, SportScotland and Creative Scotland which gives grants to voluntary or community groups from £300 up to £10,000 for a wide range of projects. Organisations can be funded for a maximum of £10,000 within a 12 month period and can only hold one grant at a time.

To find out more about what can be funded and whether you are eligible, follow the link below.

Contact: Big Lottery Fund, Pacific House, 70 Wellington Street, Glasgow, G2 6UA

Tel: 0300 123 7110

Fax: 0141 242 1401

Text phone: 0141 242 1500

Email: advicescotland@biglotteryfund.org.uk

<https://biglotteryfund.org.uk/awardsforallscotland>

7.4 Buggies and wheelchairs

If you're concerned about your child's mobility, your GP may refer you to a nearby physiotherapist to assess their mobility needs. As part of the assessment, the physiotherapist will discuss any mobility aids that could help your child. Walking aids can be loaned from the local hospital or community health service. Wheelchairs, buggies and adapted seating may be provided by your local NHS wheelchair service. You can get contact details for your local wheelchair service from your GP or physiotherapist, or see the

[NHS directory of wheelchair services.](#)

<http://www.nhs.uk/CarersDirect/guide/parent-carers/Pages/caring-disabled-child.aspx>

7.5 Cinema Exhibitors Association Card

The CEA Card is a national card scheme developed by the Cinema Exhibitors' Association (CEA) for UK cinemas. The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.

You don't need to have a CEA Card for a reasonable adjustment to be made and cinemas still have to make reasonable adjustments. If you require an adjustment to visit a cinema because of your disability, the CEA's policy is cinema staff should make them for you.

The card's development was overseen by the CEA's Disability Working Group, whose members included people from the major circuits and film distributors, independent exhibitors and several national disability charities such as Action on Hearing Loss, the RNIB and the National Deaf Children's Society, along with the CEA's specialist disability advisers.

The card is operated under [Terms and Conditions](#) and if there are any queries about the card scheme or its operation these can often be resolved by referring to the [Frequently Asked Questions](#).

Also queries can be dealt with by [contacting us](#)

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

7.6 Citizens Advice Bureau – Aberdeen

The Citizens Advice Bureau is a good source of help and information.

Aberdeen Citizens Advice Bureau provides free, confidential, impartial and independent information and assistance in order to relieve financial hardship and promote well-being. Citizens Advice Bureau (CAB) gives advice and help on any subject without any preconceived attitudes on the part of the organisation. The service is open to everybody, regardless of race, creed or politics – it is available to everyone although there are some geographical restrictions for some of the specialist work. An information and advice service is provided through a national network of Citizens Advice Bureaux. The Aberdeen office has been operating in Aberdeen and the surrounding area since the 1940s. It is open Mondays to Fridays and offers impartial, confidential and independent advice to anyone on subjects such as:

- consumer rights
- court proceedings and compensation
- debt counselling

- employment
- family and personal problems
- housing
- immigration
- nationality
- welfare benefits
- kinship care

Issues are taken up with the appropriate authorities on behalf of individuals and groups, and representation may be offered for Employment Tribunals, Social Security Appeal Tribunals and Small Claims Court cases.

Aberdeen CAB also runs:

- a twice weekly legal clinic
- an in-court advice service at Aberdeen Sheriff Court, for more information Tel: 01224 638859
- an outreach clinic at Aberdeen Royal Infirmary - appointments can be made through hospital Social Work Tel: 01224 553510
- an outreach clinic at Woodend Hospital Tel: 556401 for appointments
- an outreach clinic at Calsayseat Medical Practice, Tel: 0845 337 6370 for appointments
- Macmillan Project – CAB advice for those affected by cancer, Tel: 01224 569767
- Independent Advice and Support Service (IASS) Project – CAB advice, support and help with complaints for users of the NHS, Tel: 0845 330 5012
- Money Advice Outreach Clinics at
 - Quarry Family Centre
 - Woodside Community Centre
 - Torry Community Learning Centre
 - Byron Community Centre
 - STAR Community Flat Seaton
 - Mastrick Community Centre

Contact

Citizens Advice Direct 0844 848 9600: Mon-Fri 09.00-20.00 and Sat 10.00 – 14.00

Address: 41A Union Street, Aberdeen, Scotland, AB11 5BN

Tel: 01224 569750

Tel: 0844 848 9600

Online one stop shop for leaflets containing general advice and guidance about housing benefits and council tax benefits in the UK

Advice Line 01224 586 255

Website: <http://www.cas.org.uk>

7.7 Citizens Advice Bureau - Aberdeenshire

Turriff & District Citizens Advice Bureau

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Turriff & District CAB is an appointment only service. Emergency drop in advice is available during opening times.

Address: Masonic Building, Gladstone Terrace, Turriff AB53 4AT

Tel: (01888) 562 495

Fax: (01888) 560 070

Turriff & District CAB - Banff Outreach

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Chalmers Hospital Outpatients Department, Clunie Street, Banff AB45 1HY

Tel: (01888) 562 495

Turriff & District CAB - Oldmeldrum Outreach

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Town Hall, Oldmeldrum AB51 0US

Tel: 01888 562 495

Westhill and District Citizens Advice Bureau

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Suite 2, 1st Floor Offices, Westhill Shopping Centre, Old Skene Road, Westhill AB32 6RL

Tel: 01224 747714

Westhill and District CAB - Aboyne Outreach

Some citizens' advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Aboyne Business Centre, Huntly Road, Aboyne AB34 5HE

Tel: 01224 747714

Westhill and District CAB - Alford Outreach

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Howe Trinity Church Centre Meeting Room, Main Street
Alford AB33 8AD

Tel: 01224 747714

Banff and Buchan Citizens Advice Bureau

Some citizen's advice bureaux are only funded to give advice to people living or working in a certain area – usually the local authority area. Please check with the bureau that they are able to help you.

Address: Townhouse, Broad Street, Peterhead AB42 1BY

Tel: 01779 471515

Fax: 01779 478586

Citizen's advice bureau Ellon

Tel: 01358 724425.

Aberdeenshire Council For general information please contact:

Address: Gordon House, Blackhall Road, Inverurie, AB51 3WA

Telephone 01467 620981

Email: benefits@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk>

7.8 Disability Equipment Register

We are a not-for-profit organisation providing a service for disabled people and their families to enable them to buy and sell items of used disability equipment on a direct One-to-One basis.

The Disability Equipment Register has helped many people to do this since 1991.

Email: disabreg@blueyonder.co.uk

Tel: - 01454 318818

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

7.9 Energy Assistance

The energy Assistance package is open to people across Scotland. It can help make your home warmer and more energy efficient. There are different levels of free advice and support depending on your circumstances. This can vary from a free energy check through to installing new heating systems and loft insulation. All families are entitled to the free home energy check but other levels of support depend on qualifying benefits.

Contact the Home energy Scotland Hotline on 0800 512012 for more information.

For more local advice you can contact SCARF – Save Cash and Reduce Fuel. SCARF can give advice over the phone, arrange home visits where appropriate, and help families to complete a home energy check. The check will produce a report recommending specific energy efficiency improvements as well as providing information on grants and cashback schemes.

Contact SCARF at SCARF Energy Advice Centre,

1 Cotton Street, Aberdeen, AB11 3ZQ

Tel: 01224 213005.

Home Energy Scotland: 0808 808 2282

Home Energy Advice Team: 0808 129 0888

GreenSkills Scotland: 0808 129 0544

EPCs: 01224 213005

Email: info@scarf.org.uk

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

7.10 Nappies

Your local health authority's incontinence service may be able to supply items such as larger nappies, pads and bedding protection once your child is over three years old. If they can't, they can tell you where you can buy them privately. Contact your Health Visitor

<http://www.nhs.uk/CarersDirect/guide/parent-carers/Pages/caring-disabled-child.aspx>

7.11 Grants and Loans

7.12 Aberdeen and District Cerebral Palsy Association

Aberdeen & District Cerebral Palsy Association - also known as Cerebral Palsy Aberdeen or CPA - is a small, local charity whose prime function is to assist individuals of all ages and their families affected by cerebral palsy "CP".

The association complements the acute services provided by the NHS and assists with funding for services and equipment to help enrich the life of those who have cerebral palsy. A wide range of equipment is available such as lifts and hoists, sleep systems, frames and bespoke furniture, as well as educational aids such as special computers and laptops.

It is our aim to assist as many local people as possible and by doing so, to promote a sense of personal wellbeing and an enhanced quality of life for sufferers and we are in a position to do so as a result of income raised through both fundraising activities and donations.

All applications for funding require written support from a health professional e.g. GP, health visitor or physiotherapist.

Apply For Funding

To Apply For Funding you need to complete and submit a web form.

Please start by selecting the relevant form:

[Individual Application](#) | [Project Application](#)

Contact:

Email: enquiries@adcpa.org.uk

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

7.13 Better Breaks

The Scottish Government has made a short break fund of £2 million available for short breaks for disabled children, young people and their families. The Scottish Government aims through this funding to improve the provision of, and access to, quality short breaks for disabled children and their families, especially where children and young people have multiple support needs.

The new funding will be divided between two grant making programmes - one administered by Shared Care Scotland and the other by the Family Fund.

The Shared Care Scotland funding programme is called [Better Breaks](#) and provides grants to third sector organisations working in Scotland to develop additional, responsive and creative short break opportunities for disabled children, young people and their families.

Direct funding for families is available through The Family Fund. Their programme is called [Take a Break](#). Eligible families in Scotland, caring for disabled children and young people, will be able to apply directly to the Fund for financial help to arrange a short break.

Contact: Shared Care Scotland

Tel: 01383 622462

By Post: Unit 2, Dunfermline Business Centre, Izatt Avenue, Dunfermline

Fife KY11 3BZ

By Email: office@sharedcarescotland.com

<http://www.sharedcarescotland.org.uk/?gclid=CL3EjK2JossCFSPmwgodkLgN9g>

7.14 Big Lottery Fund

We have a range of grants that support voluntary and charitable organisations along with some parts of the public sector. Some examples of what we can fund include:

- Community, arts or sports activities (National Lottery Awards for All Scotland, £300 to £10,000)
- Helping young people to be more confident, healthier, connected or enterprising (Young Start, £10,000 to £50,000 – pauses on 7 November 2017)
- Supporting communities to improve the places they live and the wellbeing of those most in need (Grants for Community Led Activity, £10,000 to £150,000)
- Helping people to overcome challenges in their lives and become more resilient (Grants for Improving Lives, £10,000 to £1,000,000)
- Helping local communities to address inequalities or disadvantages through ownership of an asset (Community Assets, £10,000 to £1,000,000)
- Purchasing land/assets for rural and urban communities (Scottish Land Fund, £10,000 to £1,000,000)

Contact

Address: Pacific House, 70 Wellington Street, Glasgow, G2 6UA

advicescotland@biglotteryfund.org.uk

Switchboard: 0141 242 1400

Text Relay: 18001 plus 0141 242 1400 or 0300 123 7110 (for those with a hearing or speech impairment)

Enquiries line: 0300 123 7110

Website: <https://www.biglotteryfund.org.uk/scotland>

7.15 Buttle UK – for children and young people

In collaboration with the BBC Children In Need Emergency Essentials Programme we provide **swift support worth up to around £300 for families or young people living in crisis.**

Emergency essentials

- We can deliver or fund critical household items such as:
- Gas or electric cookers
- Essential household items, furniture and kitchen equipment
- Clothing in exceptional or emergency situations
- Baby equipment
- Fridges and freezers
- Washing machines
- Children's beds and bedding

Things to consider:

Our maximum grant is around £300

- We are normally only able to assist with one item per application
- We aim to be flexible to assist those most in need, if you are unsure whether your request will meet our criteria please contact us
- Facing financial hardship alone does not make a client eligible for our support; to be considered they need to be facing additional social welfare issues and suffering deprivation as a result.
- Social welfare issues could include: domestic abuse, drug/alcohol misuse, estrangement, illness, distress, abuse, neglect and behavioural or mental health issues.

See more at: <http://www.buttleuk.org/need-support/families/all#help>

Contact

Buttle UK PO Box 5075 Glasgow G78 4WA

Email: scotland@buttleuk.org

Telephone: 01505 850437

<http://www.buttleuk.org/pages/grant-programmes-small-grants-programme-42.html>

7.16 Child Brain Injury Trust

The Child Brain Injury Trust provides support, information and advice to children who have had brain injuries, their families and the professionals working with them.

- Direct support for families in hospital and at home (dependant on geographical area - please contact to discuss)
- Support for children and young people in education
- Social opportunities for children, young people and families
- Training and information for parents and carers
- Training and information for professionals
- Leaflets, booklets and other resources
- Small grants programme

Helpline: 0303 303 2248

Email: helpline@cbituk.org

Website: <http://www.childbraininjurytrust.org.uk>

Individual Contacts:

Lead Child and Family Support Coordinator (North): Beth Wales
 Child Brain Injury Trust
 Norton Park, 57 Albion Road, Edinburgh EH7 5QY
 Tel: 0131 475 2598
 Email bethwales@cbituk.org

Child and Family Support Coordinator: Mary Dryburgh

Child Brain Injury Trust
Norton Park, 57 Albion Road, Edinburgh EH7 5QY
Tel: 0131 475 2598

Email: marydryburgh@cbituk.org

www.childbraininjurytrust.org.uk

7.17 Chris Anderson Trust

Chris Anderson, the former vice-chairman of Aberdeen Football Club, was a sporting visionary and the driving force that helped take the Dons to the peak of European Football in the 1980's. The Chris Anderson Trust was set up in 1988 to honour his memory and to recognise the contribution and commitment he made to sport in general. The Trust assists in the development of sporting talent among young people in the North-east, providing grants for under-18's and recognising outstanding achievement by the annual award of the Chris Anderson Memorial Medal. The trust also supports grass roots development by providing skills schools in a wide range of sports.

Individual grants

Financial grant aid for sports people. Applicants must be over 8 and under 18 and only one application every 12 months

The contact for the CAT is now Fiona Smith, she is the Clerk to the CAT Committee with ACC. Her contact details are: -

E-mail: fismith@aberdeencity.gov.uk

Tel: (01224) 522516

Directorate/Service: Corporate Governance

Service Group: Legal and Democratic Services

Contact Sport Aberdeen: Sport Aberdeen, Inspire, Beach Boulevard
Aberdeen AB24 5HP

7.18 Family Action Welfare Grants

Family Action has been distributing grants to help people and families in need since we were founded in 1869.

We know that by giving a small grant when it's needed the most, we can remove immediate financial barriers, thereby helping families to work through the bigger issues they're facing such as fleeing abuse or keeping their children in school.

Our grants programmes complement our aim to strengthen families and communities, build skills and resilience and improve the life chances of everyone we work with.

Our small grants programmes focuses on the two areas of Welfare and Education. We believe these to be two of the key areas in which we can really make a difference to support families, both those facing an immediate domestic need and those seeking to improve their educational and employment prospects.

If you or someone you know would like to apply for a grant, visit these links to read the criteria and find out how to apply.

- [Welfare Grants](#)
- [Educational Grants](#)

With regret we are unable to acknowledge or respond to postal enquiries. Any enquiries about welfare or educational grants should be made via the email addresses provided in the above links.

Family Action also works in conjunction with LankellyChase to deliver the Open Doors Grants Programme.

<http://www.family-action.org.uk/grants>

7.19 Family Fund

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people, helping 72,043 families last year with over £33 million of grants and services.

We believe that all families raising disabled and seriously ill children and young people should have the same opportunities as others. Beginning with the most vulnerable, those on low incomes, and considering all conditions against our disability criteria, we aim to make a difference to outcomes for children and young people with disabilities or serious illnesses and the lives of the families raising them across the UK.

We 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. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

Contact:

Address: Family Fund, 4 Alpha Court, Monks Cross Drive
York YO32 9WN

Email info@familyfund.org.uk

Telephone 01904 621115

Text phone 01904 658085

Fax 01904 652625

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

7.20 Free School Meals and School Clothing Grants

Free school Meals

A free school meal is a school lunch provided free of charge by the local council to children whose families meet the required criteria. Free school meals are linked to the level of benefit or income a family receives.

Application forms and more information can be obtained either from your child's school or by contacting your Local Authority

School Clothing Grants

Similar criteria apply for school clothing grants. Applications and more information can be obtained either from your child's school or Local Authority

Aberdeenshire

Contact

Aberdeenshire Council
PO Box 18533
Inverurie
AB51 5WX

Gordon House
Blackhall Road

AB51 3WA

Tel: 01467 620981

If you are not claiming housing / council tax benefit, you can obtain an application form at your child's school or by contacting your [local benefit office](#).

Alternatively you can call the benefits section

Telephone: 08456 08 01 49

E-mail benefits@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/parentscarers/financial/clothing.asp>

7.21 Gordon Cook Foundation

The Gordon Cook Foundation operates a proactive policy in making grants to other bodies. This proactive policy means that the Foundation itself identifies areas of work in values education which would benefit from further work and development, and commissions a preferred manager to undertake the work. The Foundation does not normally invite or respond to unsolicited applications for grant aid.

The Foundation is an Aberdeen-based charity established in 1974 to promote and develop values education in the British education systems. Values education includes social and moral education, health education and projects likely to promote character development and citizenship.

The Foundation is dedicated to the advancement and promotion of all aspects of education and training which are likely to promote "character development" and "citizenship". In recent years, the Foundation has adopted the term

Values Education to denote the wide range of activity it seeks to support. This includes:

- The promotion of good citizenship in its widest terms, including aspects of moral, ethical and aesthetic education, youth work, cooperation between home and school, and coordinating work in school with leisure-time pursuits.
- The promotion of Health Education as it relates to Values Education.
- Supporting relevant aspects of moral and religious education.
- Helping parents, teachers and others to enhance the personal development of pupils and young people.
- Supporting developments in school curriculum subjects that relate to Values Education.
- Helping pupils and young people to develop commitment to the value of work, industry and enterprise generally.
- Disseminating the significant results of relevant research and development.

Contact

Address: The Gordon Cook Foundation 3 Chattan Place

Aberdeen AB10 6RB

Tel/Fax: 01224 571010

Email: gordoncook@btconnect.com

<http://www.gordoncook.org>

7.22 Holiday Playscheme Grants

Applications are considered by the Strategist, 0-7 and School Improvement, Education Culture and Sport.

Funding available: One grant per year will be awarded to each organisation;

The maximum available grant is £1000.

Who can apply? Groups providing educational, social and recreational experience for children and young people during school holidays.

- Groups that operate for longer than two hours per day may be required to register with the Care Inspectorate. Please contact the local Care Inspectorate office on Tel 01224 793870
- A minimum charge of £1 per child per day is made or an equivalent amount raised by alternative means.
- The play-scheme day will be no longer than 6 hours.

Please note:

Groups offering full-time day-care in the private sector will not be funded;

Contact - For advice or further information

Roy Flett, Early Years Administrator, Balgownie 1, Conference Way
Bridge of Don, Aberdeen AB23 8AQ.
Telephone: (01224) 814828.

http://www.aberdeencity.gov.uk/education_learning/schools/scc_holiday_play_scheme_grants.asp

7.23 Home Improvement Grants - Aberdeenshire Council

Grants are available to owners and tenants to carry out essential adaptations and improvements for the benefit of a person with disabilities.

If you are disabled or over the age of 60, either an owner or private tenant, you may be able to obtain assistance from the Aberdeenshire Care & Repair Project.

They can be contacted at 3 Benavie Court, Bridge Street, Ellon, AB41 9LA

Tel: (01358) 721672

Email: private.housing@aberdeenshire.gov.uk

For further details contact:

Environmental Health Offices

Banff & Buchan Area

5 Back Path, Banff, AB45 1AR Tel: (01261) 813280

1 Kirk Brae, Fraserburgh, AB43 9AJ Tel: (01346) 586321

Buchan Area

60 Broad Street, Peterhead, AB43 6DA Tel: (01779) 483254

Formartine Area

Municipal Buildings, High Street, Turriff, AB53 7EN Tel: (01888) 563417

45 Bridge Street, Ellon, AB41 9AA Tel: (01358) 726444

Garioch Area

Gordon House, Blackhall Road, Inverurie, AB51 3WA Tel: (01467) 620981

Marr Area

25 Gordon Street, Huntly, AB54 5AL Tel: (01466) 794121

Council Offices, School Road, Alford Tel: (019755) 64806

The Square, Banchory, AB31 5RW Tel: (01330) 822878

Bellwood Road, Aboyne, AB34 5HQ Tel: (013398) 87373

Kincardine & Mearns Area

Viewmount, Arduthie Road, Stonehaven, AB39 2DQ Tel: (01569) 768232

Aberdeenshire Council Social Work Service Occupational Therapists

Banff & Buchan Area

Winston House, 39 Castle Street, Banff, AB45 1DQ Tel: (01261) 813461/468/459

Dalrymple Street, Fraserburgh, AB43 5DB Tel: (01346) 585092

Buchan Area

The Flat, St Drostan's, Russell Street, Old Deer, AB42 8LN Tel: (01771) 622717

Glenugie Centre, 53 Windmill Street, Peterhead, AB42 6UE Tel: (01779) 477333

Formartine Area

Turriff Community Hospital, Balmellie Road, Turriff, AB53 4DQ Tel: (01888) 564117

25 Station Road, Ellon, AB41 9AE Tel: (01358) 720033

Garioch Area

Day Centre & Social Work Offices, Port Road, Inverurie, AB51 3SP Tel: (01467) 629046

Unit 3/5 Shopping Centre, Westhill, AB32 6RL Tel: (01224) 743653

Marr Area

45 Station Road, Banchory, AB31 3XX Tel: (01330) 824991

Allachburn, Low Road, Aboyne, AB34 5HY Tel: (013398) 87096

25 Gordon Street, Huntly, AB54 5EQ Tel: (01466) 794488

Kincardine & Mearns Area

Carlton House, Arduthie Road, Stonehaven, AB31 2DL Tel: (01569) 763800

<http://www.aberdeenshire.gov.uk/privatehousing/grants.asp>

7.24 Aberdeenshire Council Care and Repair

Aberdeenshire Care and Repair provides a free service offering information, advice and help with repairs, maintenance and adaptations to Aberdeenshire owner occupiers and private landlords' tenants who are over 60 and/or have a disability. Small Repairs - provided to cover the cost of small internal and external repairs. To access this service you must have lived in the property for at least 12 months and be over 60 and/or disabled. Grants provided will cover works up to £150.

Income Maximisation - Financial entitlement checks can be carried out for anyone who is over 60 and/or disabled. We can assist with forms and phone calls to make applications for benefits.

Charitable Fundraising - If you are on a low income with limited savings, Aberdeenshire Council Care and Repair may be able to approach charities to request funding on your behalf for essential repairs to your property.

Disabled Adaptation Grants

Grants are available to homeowners and private tenants to carry out Occupational Therapy assessed adaptations to help people who have a disability to live independently in their home.

If you are disabled or over the age of 60 and a homeowner or private tenant, you may be able to obtain further assistance from the Aberdeenshire Council Care & Repair.

They can be contacted on 01467 534753 or email careandrepair@aberdeenshire.gov.uk “

7.25 Macmillan Cancer Support

Cancer is the toughest fight most of us will ever face, but nobody has to go through it alone. The Macmillan team is in your corner, from the nurses and therapists helping people through treatment to the fundraisers that make it all possible. Macmillan improves the lives of people affected by cancer in the North of Scotland by providing practical, medical, emotional and financial support. We're out in the community with our information and support services, self-help and support groups and through Boots UK high street stores. We're there with our thriving online community, day and night. We're in hospitals, creating better environments and more joined-up patient experiences. We're even at Parliaments and Assemblies, campaigning for governments to listen to the needs of people with cancer. We have nurses working in the North of Scotland both in the community and in local hospitals and cancer and palliative care centres. We also provide financial advice for people affected by cancer living in the Highlands and Grampian with our Macmillan CAB partnership and offer grants to help local people who are in financial difficulties.

If you have any questions about cancer, ask Macmillan. If you need support, ask Macmillan. Or if you just want someone to talk to, ask Macmillan.

Contact:

Call free on 0808 808 00 00, Monday to Friday, 9am to 8pm or visit <http://www.macmillan.org.uk>

7.26 MacRobert Trust

Every year, The MacRobert Trust conducts a programme of charitable donations, grants and awards using income from our financial investments and surplus income generated by the estate and its activities. Applications are invited from across the UK but preference is given to organisations based in Scotland. Donations are restricted to organisations that are recognised as charitable by the Office of the Scottish Charity Regulator (OSCR), the Charity Commission for England and Wales or the Charity Commission for Northern Ireland.

Visit The MacRobert Trust website to clarify which charitable themes and sub-themes The Trust supports.

Contact: PA to the Administrator, The MacRobert Trust, Cromar, Tarland, Aberdeenshire AB34 4UD

Telephone: 013398 81444

Email: vicky@themacroberttrust.org.uk

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

7.27 National Debtline

National Debtline (NDL), part of the Money Advice Trust, is a helpline offering expert, professional advice via phone and email, enabling people in need of support to deal with their debts in an informed and proactive way. NDL offers self-help solutions, debt management plans (DMPs), debt relief orders (DROs) and individual voluntary arrangements (IVAs) to people with multiple debts. NDL can also provide a CASH flow branded budget sheet that will help them negotiate with their creditors. The service can also deal with email enquiries through the NDL website www.nationdebtline.co.uk

My Money Steps is an online advice service developed by National Debtline. It provides practical suggestions and personalised action plans to help people manage their debts and access advice. It covers England, Scotland and Wales and is available 24 hours a day, 7 days a week.

<https://www.mymoneysteps.org>

Contact

National Debtline free on: 0808 808 4000

Monday - Friday 9am-9pm / Saturday 9.30am-1pm Also 24 hour voicemail service.

Fax: 0121 410 6230

Address: National Debtline, Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham B16 8TP

More details available through the website – please chose the option for Scotland

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

7.28 North East Scotland Credit Union

- Safe and convenient savings.
 - Low cost loans.
 - Ethical community-based values.
-

The North East Scotland Credit Union is part of a friendly international network of one hundred million people, helping each other by saving and borrowing together.

Run by local volunteers.

Simple, straightforward savings and loan products designed to help you.

A better deal than many other lenders.

We help when others can't or won't.

Like all credit unions, NESCU is a financial co-operative. We're owned and controlled by our local members, as a 'not-for-profit' social enterprise. Any profit goes back into the community, not into big bonuses for Directors. Our head office is at 24 Victoria Road, Torry, Aberdeen, AB11 9DR and all other collection point details can be found on the website.

Telephone 01224 899688

E-mail info@nescu.co.uk

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

7.29 Sure Start Maternity Grant

Eligibility

Usually, to qualify for a Sure Start Maternity Grant there must be no other children in your family and you must get one of these benefits:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit
- Child Tax Credit at a rate higher than the family element
- Working Tax Credit that includes a disability or severe disability element

You must claim by the deadline.

Exception

- If you already have children you won't get a grant unless you're expecting a multiple birth (e.g. twins or triplets).
- If you're not giving birth
- You can also get a grant if you're not giving birth, e.g. you're adopting or becoming a surrogate parent.

The baby must be less than 1 year old on the date you claim and one of the following must also apply:

- the baby has been placed with you for adoption
- you've got permission to adopt a baby from abroad
- you've got a parental order for a surrogate birth
- you've been appointed as guardian
- you've an adoption or a residence order

- you're become responsible for the baby and you're not the mother

<https://www.gov.uk/sure-start-maternity-grant/eligibility>

7.30 The Social Fund

Community Care grants (which do not have to be paid back) or budgeting loans for specific items. Qualifying benefits apply and funds are limited.

Crisis loans for emergencies

Contact social work for more details.

<http://aberdeenshire.gov.uk>

<http://www.aberdeencity.gov.uk>

7.31 The Tavistock Trust for Aphasia

The Tavistock Trust for Aphasia, founded in 1992, works to improve the quality of life for those with aphasia, their families and carers. We do this, amongst other things, by funding pioneering research and projects that will improve services and therapies; by acting as a catalyst in pulling together charities working in the same area; in raising the profile of the condition amongst the public, students of speech and language therapy and the medical profession, so that people can understand aphasia better. Alongside our major funding, in 2005 we launched our Small Grants, which are given monthly, getting help to people at their point of need.

Since the Small Grants scheme was launched in 2005 the Trust has given over £100,000 to individuals, groups and carers in the UK. The purpose of these grants is to improve the quality of life for those with aphasia and their carers. We give small grants only for those things related to aphasia and all applications need to have a supporting letter from a professional.

Contact

The Administrator, The Tavistock Trust for Aphasia
Bedford House, 15 George Street, Woburn MK17 9PX
Telephone 01525 290002
Fax 01525 290903

Email: enquiries@aphasiatavistocktrust.org

<http://www.aphasiatavistocktrust.org/aphasia/funding/grants.asp>

8 GENERAL SUPPORT

8.1 Aberdeen Foyer

Established in 1995, the Foyer is a successful charitable organisation and social enterprise working to prevent and alleviate youth homelessness and unemployment in the wider community. At our core we provide supported accommodation to former homeless and at risk young people alongside a range of education, training, employment support and health improvement services to people of all ages.

The Foyer's approach recognises that homelessness and disadvantage is not just a matter of providing a home, but necessitates addressing the underlying causes and critically providing people with the means of gaining and sustaining employment. The Foyer works with people to develop their talents and open up opportunities, offering engaging services to affect real and lasting change in their lives, enabling them to take the next steps towards independent living, learning and work .

The Foyer exists to meet the needs of people aged 14 and over as they move towards social and economic independence. For people living in our supported accommodation this will involve learning, with support, to gain skills to be able to manage your own home and work towards becoming employed. Young people will develop an action plan which will help them to improve understanding of themselves, where they are now and how to work towards where they want to be. We have high quality self-contained furnished accommodation available to let to people aged 16-25 who are homeless or at risk of homelessness and require support.

Aberdeenshire contact

Accommodation available at Broad Street, Fraserburgh; St Andrew Street, Peterhead; Brickfield Court, Stonehaven and Sycamore Road, Banchory; Polinar Place, Inverurie.

Referral to Aberdeen Foyer's supported accommodation in Aberdeenshire is through the Homeless Department of Aberdeenshire Council.

Supported Accommodation:

Trinity Court 82a Crown Street, Aberdeen AB11 6ET

Tel: 01224 582900

Torry 139b Victoria Road, Aberdeen AB11 9LY

Tel: 01224 876167

Aberdeen Foyer Stonehaven 67 Arduthie Road, Stonehaven,
Aberdeenshire AB39 2DP

Tel: 01569 764695

Fax: 01569 765102

Aberdeen Foyer Inverurie 4 Polinar Place, Inverurie AB51 3YZ

Tel 01467 622653

Aberdeen Foyer Fraserburgh, 46a Broad Street, Fraserburgh

Aberdeenshire AB43 9AH

Tel: 01346 516932

Aberdeen Foyer Peterhead flat 17C, St Andrews Street,

Peterhead AB42 1DS

Tel: 01779 477783

Aberdeen Foyer Banchory, 50 Sycamore Road, Hill of Banchory

AB31 5JP

Tel: 01330 820685

Aberdeen Foyer Marywell Centre, Marywell Street, Aberdeen AB11 6JF

Tel: 01224 212924

Cathy Simpson

Communications Manager

Aberdeen Foyer

Direct Dial: 01224 373880

Mobile: 07875391125

Everyone needs a home, support and a springboard into independent living, learning and work. Some don't have it. Aberdeen Foyer helps fill the gap.

<http://www.aberdeenfoyer.com/>

<http://www.foyergraphics.com/>

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

www.foyerworks.com

Email: reception@aberdeenfoyer.com

Email: cathys@aberdeenfoyer.com

<http://www.aberdeenfoyer.com/accommodation.html>

8.2 Aberdeen's Unofficial Friendship Group

A non-profit making friendship group for unattached people of all adult age groups: single, widowed, divorced and separated.

We have friendly meetings to arrange nights out for group members. Mostly at weekends egg. Meals out, social evenings and cinema, snooker group, pool group, theatre group. No fees charged.

C/o 60 Brent Field Circle, Ellon, Aberdeenshire AB41 9DD

Contact: Mrs Robertina Forbes

Tel 01358 721601 / Mobile 07948 282276

Email: robertinaforbes@btinternet.com

Times (opening, meeting, training, etc.) - We meet in various public places, currently at the Station Hotel, Aberdeen. 1st & 3rd Sunday of the month at 3pm

http://www.aberdeencity.gov.uk/xcc_communitydetail.asp?ind=3&ind2=145

8.3 Action against Medical Accidents (AvMA)

Action against Medical Accidents (AvMA) is the independent charity which promotes better patient safety and justice for people who have been affected by a medical accident. A 'medical accident' is where avoidable harm has been caused as a result of treatment or failure to treat appropriately. AvMA believes that whatever the cause of a medical accident, the people affected deserve explanations, support, and where appropriate, compensation. Furthermore, we all deserve to know that the necessary steps will be taken to prevent similar accidents being repeated.

We provide free and confidential advice and support to people affected by medical accidents, via our helpline and casework service and can refer to our panel of specialist clinical negligence solicitors or other sources of support where appropriate.

HELPLINE: 0845 123 2352 (Mon - Fri 10am - 5pm).

Contact: Action against Medical Accidents
44 High Street, Croydon, Surrey CR0 1YB

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

8.4 Aberdeenshire Employment Support Team

The Employment Support Team (EST) is Aberdeenshire Council's central point for employment. EST assists anyone living in Aberdeenshire, who is seeking employment or looking to enter education or training to gain employment. Our services are free and confidential.

The team works 1-2-1 with individuals as well as operating 10 job clubs throughout Aberdeenshire. For further information please use the contacts below.

Contact

The Employment Support Team

Aberdeenshire Council

Offices 16 & 17

Thainstone Business Centre

Inverurie

AB51 5TB

Telephone: 01467 533058

Email: Employmentsupportteam@aberdeenshire.gov.uk

8.5 Action on Pre-Eclampsia

Pre-eclampsia is an illness arising only in pregnancy which can affect the mother, her unborn child, or most commonly, both. It can occur at any time from around twenty weeks to as late as several days after delivery. In the mother, the condition causes a number of symptomless disturbances – including raised blood pressure (hypertension) and leakage of protein in the urine (proteinuria) – which can progress to serious illness if undetected.

Contact: Action on Pre-eclampsia, 105 High Street, Evesham Works WR11 4EB

Tel: 01386 761848

Email: info@appec.org.uk

Carol Tustin, Administration Officer

The Stables, 80b High Street,

Evesham, Worcestershire, WR11 4EU

01386 761848

www.appec.org.uk

8.6 Adoption - Aberdeenshire Council

Welcome to our adoption service. Here you will find information about the adoption services we offer in Aberdeenshire:

New to adoption

Information about how to become an adoptive parent, how to adopt if you're thinking of adopting a step child or relative and are seeking to adopt a child from overseas.

Information for birth parents

Information for birth parents about the adoption process and what happens if your child is placed for adoption.

Are you adopted? (birth records)

Information about accessing your birth records if you are adopted.

Post adoption support

Information about our post adoption support services, the adoption allowance scheme and the post adoption letterbox scheme for birth relatives and adoptive parents to exchange information for adopted children.

If you can't find what you're looking for, or you'd like more information about adoption, please contact us:

email adoption@aberdeenshire.gov.uk

Tel: 01467 532800.

Address: Adoption Team, 93 High Street, Inverurie AB51 3AB

<http://aberdeenshire.gov.uk/social-care-and-health/children-and-families/adoption/>

8.7 Scotland - Adoption Support Service

The Barnardo's Scotland Adoption Support Service (SASS) is a post-adoption service offering advice, support and counselling to anyone affected by adoption. SASS has been in existence since 1978 and is staffed by experienced adoption workers. We are based in the West of Scotland and funded by Barnardo's and several local authorities.

We offer a confidential service, recognising the lifelong implications for everyone involved in adoption, including:

- adoptees
- birth parents and relatives
- prospective adopters.

Our service is also used by people who have been 'in care', step parents enquiring about adoption and professionals working with adoption.

Contact us: Barnardos, Suite 5/3, Skypark SP5 GLASGOW G3 8JU

Telephone: 0141 248 7530

Fax: 0141 222 4739

<http://www.barnardos.org.uk/fosteringandadoption>

8.8 Advocacy Service Aberdeen

Advocacy services work with people using health and social work services. Everyone in Scotland who has a mental disorder (including learning disability) has a legal right to an independent advocate.

Advocacy Service Aberdeen

Advocacy Service Aberdeen is an independent advocacy service for people who live in Aberdeen. We work with people using health and social work services. Everyone in Scotland who has a mental disorder (including learning disability) has a legal right to an independent advocate

Contact

Address: Advocacy Service, Aberdeen Business Centre, Willowbank House
Willowbank Road, Aberdeen AB11 6YG

Telephone: 01224 332 314

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

Aberdeenshire Representation and Advocacy Service (Aberdeenshire South)

Contact

Voluntary Action Resource Centre, Silverbank, North Deeside Road,
Banchory, Kincardineshire, AB31 5YR

Telephone: 01330 823778 Fax: 01330 825529

Aberdeenshire Representation & Advocacy Service (Turriff)

Contact

3 Schoolhill, Turriff, Aberdeenshire, AB53 4DX

Telephone: 01888562303

8.9 Age Scotland

Age Scotland is a National Charity working for and with older people across Scotland. The Charity's head office in Edinburgh can be reached on 0333 323 2400. The aims of the organisation are to make a positive change to attitudes to later life, empower older people to use their voices and their rights and make positive choices, and work towards older people having improved health and wellbeing. We work with older peoples groups across Scotland to ensure older people are included in and participate in communities and are not isolated or lonely. We believe that communities are stronger and more resilient because they include older people.

Age Scotland's helpline provides information, friendship and advice through a confidential Freephone number: **0800 12 44 222**. The service is available for older people, their carers and families in Scotland. Call us for advice about benefit entitlement, care rights, housing options and heating, legal issues such as Power of Attorney and local services and opportunities.

Age Scotland has a Policy & Campaigns department who can be reached through Head office, and a local Community Development Officer Carole Anderson who can be reached on 01577 864 543.

Contact: Age Scotland

Address: Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR

Telephone: 0333 323 2400

Website: www.agescotland.org.uk

Email address: info@agescotland.org.uk

Opening times: Monday - Friday 9am - 5pm

Local Group: The Silver Circle

Description: Registered Charity (SC 026204) providing Support Services for Older People in our community. **Weekly Day Centre** at Lonach Hall, Strathdon Wednesdays 10am to 3pm. A chance to socialise and have a good hot lunch. Outings in summer and visiting speakers and entertainers. Weekly **Shopping Bus** each Friday morning, concessions free. Pick up at your home or Bellabeg, Strathdon or Glenkindle. **Hospital Volunteer Drivers Scheme** provides non-emergency transport for medical appointments. Monthly **Book Club** Tuesday mornings in Lounge at Doune Court Sheltered Housing, Bellabeg, Strathdon. New in 2015 **Garden Forays**. Monthly, arranged visits to interesting gardens, transport can be provided.

Contact: Mrs Gillian Cook, Trustee

Address: c/o Old Semeil, Strathdon, Aberdeenshire AB36 8XJ

Telephone: 01975 651 343

Email address: philandgill.cook@btinternet.com

<http://www.ageuk.org.uk/scotland/>

8.10 Al-anon Family Groups UK - Aberdeen City

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For some of our members, the wounds still run deep, even if their loved one may no longer be a part of their lives or have died.

Someone else's drinking can affect your life - be it a relative or friend, male or female.

We believe alcoholism affects the whole family, not just the drinker. We are an international organisation with over 800 support groups in the UK and Republic of Ireland. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

Whatever your relationship to the drinker, whatever your story, Al-Anon can help.

Al-Anon Family Groups hold regular meetings where members share their own experience of living with alcoholism. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope.

National Helpline: 0207 403 0888

For an up-to-date list of meetings please visit the website which is regularly updated:

<http://www.al-anonuk.org.uk>

8.11 Alcoholics Anonymous Great Britain

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

If you need help with a drinking problem

Contact

National help line on 0800 9177 650

Email: help@aamail.org

These services are staffed by volunteer members of A.A. who will be happy to answer your questions or put you in touch with those who can.

Address: General Service Office: -

Alcoholics Anonymous,

PO Box 1, 10 Toft Green, York YO1 7NJ.

Tel. 01904 644026 (Office hours only)

Email: gso@alcoholics-anonymous.org.uk

AA Northern Service Office

Baltic Chambers, 50 Wellington Street, Glasgow G2 6HJ

Tel. 0141 226 2214 (Monday to Friday 9am to 5pm)

HELPLINE: 0800 9177 650

Local Helpline for ABERDEEN: 0131 225 2727 (open 24 hours / day)

<http://www.alcoholics-anonymous.org.uk>

8.12 Alzheimer's Scotland

We provide local services all over Scotland for people with dementia and their carers. Our local services may include:

- day centres providing the chance to socialise and enjoy activities and outings, and giving carers a break (some centres open in the evenings and at weekends too)
 - home support services providing company and help to maintain skills and independence at home, while the carer is free to go out (sometimes this is also available overnight)
 - drop-in centres where people with dementia and carers can socialise
 - support groups for carers and for people with dementia
 - carer education helping carers learn more about the illness and how to cope
-

- one-to-one support to help people with dementia and their families cope with the illness
- welfare rights service
- information and advice on a wide range of dementia related subjects
- a range of community activities - Conversation Cafes; Reminiscence groups; Walking group; Café lunch groups; Curling; Musical Memories singing group; Football reminiscence group;

Seize the Day Project support people with early dementia. Information from 492 Union Street, Aberdeen.

Telephone: 01224 632137

Email: siezetheday@alzscot.org

Information about these services is also available on our website

Aberdeenshire

Advisor: Susanna Paterson

Email: spaterson@alzscot.org

Address: Port Elphinstone Community House, 1 Pinewood House, Port Elphinstone, Inverurie AB51 3UX

Telephone: 01467 629292

Grampian, Tayside and Shetland Regional Office

Address: 492 Union Street, Aberdeen AB10 1TS

Tel: 01224 644077

Email: GrampianRegion@alzscot.org

North Aberdeenshire Services (Banff and Turriff)

Address: Chalmers Hospital, Clunie Street, Banff AB45 1JA

Tel: 01261 819066

Email: NASBanff@alzscot.org

North Aberdeenshire Services (Peterhead)

Address: Burnside Business Centre, Burnside Road, Peterhead AB42 3AW

Tel: 01779 491064 or 01261 819066

Email: NASPeterhead@alzscot.org

South Aberdeenshire Services (Banchory)

Address: Suite 3, Carlton House, 32/36 High Street, Banchory AB31 5SR

Tel: 01330 824 486

Email: DeesideServices@alzscot.org

South Aberdeenshire Services (Stonehaven)

Address: Arduthie Lodge, Kirkton Road, Stonehaven AB39 2QJ

Tel: 01569 792068

Email: SouthAberdeenshireServices@Alzscot.org

<http://www.alzscot.org>

8.13 Association for Post Natal Illness

The Association for Post-Natal Illness is the leading organisation in its field and it was established in 1979 to:

- Provide support to mothers suffering from post-natal illness Increase public awareness of the illness
- To encourage research into its cause and nature
- The Association provides a telephone helpline, information leaflets for sufferers and healthcare professionals as well as a network of volunteers (telephone and postal), who have themselves experienced postnatal illness.

Contact

Address: 145 Dawes Road, Fulham, London, UK, SW6 7EB.

Tel: 0207 386 0868.

Our office hours are: Monday to Friday - 10.00 a.m. - 2.00 p.m.

Telephone: 020 7386 0868

Fax: 020 7386 8885

[http:// apni.org](http://apni.org)

8.14 Beaumont Society

The Beaumont Society is a national self-help body run by and for those who cross-dress or are trans-sexual. We welcome all transgender people and their partners, regardless of gender, sexual orientation, race, creed or colour, and all varieties from nervous new transgender people to those who are experienced and confident in their second gender.

Together with our sister organisations, since 1966, we've been at the forefront of supporting transgendered people, their partners and families, as well as advising and training on transgender issues.

Contact

Information Line Telephone: 01582 412220

Address: 27 Old Gloucester Street, London WC1N 3XX

Email: enquiries@beaumontsociety.org.uk

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

8.15 Befriend a Child Volunteer Scheme

Aberdeen's own and Scotland's oldest, befriending service for deprived and vulnerable children. Founded locals, run by locals and operate for the children in Aberdeen City & Shire. One to one support and friendship for vulnerable children who could particularly benefit from experiencing a trusting relationship with a caring adult and participating in various activities / interests not normally available to them.

On our website you can find out everything about Befriend A Child, from what we do and what we have planned, to what you can do to help and how you can get in touch.

Referral through Social work, Teachers or school Nurses. Form downloaded from website.

Contact: 9 Bon Accord Square, Aberdeen, AB11 6DJ

Tel: 01224 210060

Email: info@befriendachild.org.uk

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

8.16 BLISS – premature babies

Bliss is the UK charity working to provide the best possible care and support for all premature and sick babies and their families.

We believe that:

Babies should have the same rights as anyone else

The voices of babies and families must be heard

Driving quality and innovation in the NHS that will deliver improved care for premature and sick babies and their families

We achieve more by working together with individuals and organisations

We must always be able to demonstrate the difference we make to the lives of babies and their families

Contact: Bliss Scotland
PO Box 10091 Glasgow G719BZ
Telephone: 07920650546
Email: scotland@bliss.org.uk or hello@bliss.org.uk
Helpline Freephone 0808 801 0322
<http://www.bliss.org.uk>

8.17 British Pregnancy Advice Service

bpas has over 40 years of experience of providing help to women with an unplanned pregnancy, or a pregnancy they choose not to continue with. If you're pregnant and considering abortion it's important to know you're not alone. 1 in 3 women will have an abortion by the time they are 45 years old. Every year at bpas we help thousands of women in your position. We are [the UK's leading independent provider of abortion care](#). As well as non-directive and impartial counselling for unplanned pregnancy and abortion treatment we also provide emergency contraception (such as the "morning after pill"), free pregnancy testing and vasectomy services

Contact: bpas Glasgow
Address: The Sandyford Initiative, 2-6 Sandyford Place, Glasgow G3 7NB
Opening hours Monday and Thursday 12-6pm
Telephone: 08457 304030
<http://www.bpas.org>

8.18 British Red Cross Society

The British Red Cross gives skilled and impartial care to people in need and in crisis, in their own homes and in the community, at home and abroad, in peace and in war. Services available in NE Scotland and the Northern Isles include medical loan (including wheelchair loan), transport and escort, health and social care, international tracing and message, and first aid

Contact: British Red Cross Society - Northern Scotland

Services Department, Red Cross House, 22 Queens Road,
Aberdeen AB15 4ZT

Services Manager: Health & Social Care - John Cowie

Email: jcowie@redcross.org.uk

Tel: 01224 647741

Fax: 01224 622734

Second Contact - Services Manager: Abdul Bhatti

Email: abhatti@redcross.org.uk

Times (opening, meeting, training, etc.)

Office hours Mon - Fri 9.00am- 1.00pm & 2:00pm - 5:00 pm

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

UK Office address: British Red Cross, UK Office, 44 Moorfields
London EC2Y 9AL

Tel: 0844 871 11 11 (+ 44 2071 3879 00 from abroad)

Fax: 020 7562 2000

Text phone: 020 7562 2050

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

8.19 British Snoring and Sleep Apnoea Association

The British Snoring & Sleep Apnoea Association was formed in 1991 to help snorers and their bed partners to end the nights of disturbed and lost sleep, to end the bad feelings that often develop and to help them return again to peaceful nights together.

The aims of the association are to promote public awareness that snoring and sleep apnoea are generally treatable complaints and that help is available. We can offer some advice via the telephone or you can book an appointment at our clinic to see one of our sleep specialists. We also have a close working relationship with the medical profession and provide them and their patients with our expert help and information

Contact: British Snoring & Sleep Apnoea Association
Chapter House, 33 London Road, Reigate, Surrey RH2 9HZ
Tel: 01737 245638
Fax: 0870 052 9212
E-mail: info@britishsnoring.co.uk

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

8.20 Campaign Against Drinking and Driving

Our main aims are:

- To provide support to the families of victims killed or injured by drunk and/or drugged drivers
- To provide victims of drink/drugged drivers with emotional and practical support, advice and information about coping with a sudden bereavement or injury
- To send out independent information with regard to the:
 - Judicial system
 - Civil Law
 - Inquests and Coroners court
 - Appealing a sentence

- To raise our concerns with government and other organisations of the lack of consistency in the present laws
- To enter into dialogue with the Government of the day, the Judiciary and the Police Forces of this country to achieve the following objectives:
 1. A major reduction of the current 80mg drink drive limit, to keep in line with other countries
 2. The surrendering of driving licenses following positive breath testing
 3. More realistic and consistent sentences by both Magistrates and Judges
 4. Recognition by the Courts of the victims and their families
 5. Better compensation for the victims of road crashes

Contact: CADD, PO Box 62, Brighouse, West Yorkshire, HD6 3YY

Tel: 0845 123 5541 or 0845 123 5543

Help Line: 0845 123 5542

Email: cadd@scard.org.uk

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

8.21 Capability Scotland Surestart Family Partnership

The Capability Scotland Surestart Family Partnership is a free support service for families with children up to the age of three based in Aberdeenshire. They work with parents and carers to develop positive ways to manage the behaviour of individual children, including children with additional support needs.

Help and support is provided at home or at a local community group.

The service supports parents and carers by providing: -

- . Time to talk
- . Practical skills
- . Confidence building
- . Ways to make play positive
- . Opportunities to understand their child's development

They can also offer support with:-

- . Tantrums
- . Sleep problems
- . Disability
- . Eating
- . Speech
- . Feelings of isolation

Home visits are tailored to meet the individual needs of each family. Six weekly sessions, lasting approximately one hour are offered initially. Toys and games used are provided by the service. Referrals can be made directly by families or through the family health visitor or social worker or by contacting

Contact:

Aberdeenshire Surestart Family Partnership

Jill Chillingworth
C/o Office 21 Crichtonbank Business Centre
Mill Road
Port Elphinstone
Inverurie
AB51 5NQ
Tel: 01467 624 906 or 01346 515 853
Email: inverurie@capability-scotland.org.uk
<http://www.capability-scotland.org.uk>

8.22 Carers Scotland

Carers UK is here to make life better for carers. Looking after someone can be tough, but you're not on your own. We've been here for 50 years, driven by carers raising their voices together to call for change and seek recognition and support.

We give expert advice, information and support that is tailored to your situation, through the Carers UK Advice line and our website. We connect carers so no one has to care alone, through our warm and welcoming online community and our network of members and volunteers. We're at the forefront of the carers movement, bringing carers together to campaign for lasting change. And we innovate to find new ways to help you manage at home, work or wherever you are.

We're the UK's only national membership charity for carers, and believe that no one should have to care alone. Join us.

Contacts

Advice line call 0808 707 7777

Email: advice@carersuk.org

Information service call 0141 445 3070

Email: info@carerscotland.org

Address: Carers Scotland: The Cottage, 21, Pearce Street, Glasgow G51 3UT

<http://www.carersuk.org>

8.23 Carer's emergency card (VSA)

The Carer's Emergency Card acts as a safeguard for situations when the carer or cared-for cannot get home due to unforeseen circumstances such as delays, accidents or sudden illness. The card includes vital personal

information, including any medical conditions, and details of who to contact in an emergency.

The Carer's Emergency Card is free and is supported by the three local emergency services - Police, Fire and Ambulance.

Contact

Address: VSA Carers Centre, 38 Castle Street, Aberdeen AB11 5YU

Telephone: 01224 212021

Email: carers.info@vsa.org.uk

Website: <http://www.vsa.org.uk/vsa/carers-services/carers-services.html>

8.24 Carers Service VSA

Aberdeen City

The VSA Carers Service Aberdeen, offers advice, information, support and training on all aspects of unpaid caring. The service is sponsored by Aberdeen City Council and NHS Grampian and is part of Carers Trust (Scotland). In addition to a walk-in service at VSA's main office at 38 Castle Street there are three other Carer Point's located at Royal Cornhill Hospital, Forest Grove Respite Service, and at The Health Village. There are three main components to this service that involves the Adult Carers Support Service, Parent Carer Support Service for families of children with additional support needs and the Young Carers and Young Adult Carers Service which provides services across the whole city on an individual and group basis. The support provided to a Carer can be two-fold, providing confidential advice and emotional support that can involve a support plan coupled with providing them with information about other services to assist a Carer to make an informed choice. As well as direct support to help improve their access to resources that they feel would best meet their need(s) both voluntary and statutory with the opportunity to complete the informal Carer's Assessment. Such support offered to all Carers is determined by their consent. The VSA Carers Service Aberdeen is provided on behalf of Aberdeen City Council.

The Carers Service is open Monday to Friday from 9.00am to 5.00pm

Contact

VSA Carers Service, 38 Castle Street, Aberdeen, AB11 5YU

Tel: 01224 212021

Email: Carers.Info@vsa.org.uk

Telephone: 01224 212 021

<https://www.vsa.org.uk/vsa/carers-services/carers-centre-aberdeen.html>

Aberdeenshire

VSA Carers Support Service Aberdeenshire

Team Leader-; Gail McKeitch Mobile: 07894 395 268 - Working hours:

Tuesday to Thursday - Email-; Gail.McKeitch@vsa.org.uk

Oldmeldrum:

Contact: VSA Carers Support, Unit 4 Oldmeldrum Business Centre, Colpy Road Industrial Estate, Oldmeldrum AB51 0BZ Telephone: 01651 873953

Support & Development Worker: Debbie Stopper - Mobile: 07803 327 730 - Working Hours: Monday to Friday - Email: Debbie.Stopper@vsa.org.uk

Support & Development Worker: Moira Stewart - Mobile: 07894 614 875 - Working Hours Monday-Wednesday - Email: Moira.Stewart@vsa.org.uk

Carers Centre Coordinator: Carla Angus – Mobile: 07975 620 036 – Working Hours: Tuesday, Wednesday & Friday – Email: Carla.Angus@vsa.org.uk

Fraserburgh:

Contact: VSA Carers Support 19 Seaforth Street, Fraserburgh AB43 9BD Telephone: 01346 510111

Support & Development Worker: La-Vonne Sim - Mobile: 07850651076 – Working Hours: Wednesday-Friday - Email: La.Vonne.Sim@vsa.org.uk

Support & Development Worker: Kaye Taylor – Mobile: 07802 689 758 – Working Hours: Monday to Thursday - Email: Kaye.Taylor@vsa.org.uk

Banff:

Contact: VSA Carers Support, Unit 8, Banff Business Centre, 8 Low Street, Banff AB45 1AS Telephone: 01261 818143

Support & Development Worker: Alison McKessick – Mobile: 07568 106 357 – Working Hours - Monday to Wednesday – Email: Alison.McKessick@vsa.org.uk

Stonehaven

Contact: VSA Carers Support, 52 Evans St, Stonehaven AB39 2ET Telephone: 01569 766714

Support & Development Worker: Debbie Neill – Mobile: 07738 402 635 Working Hours - Tuesday, Wed & Thursday - Email: Debbie.Neill@vsa.org.uk

Volunteer Coordinator: Jill Carrick – Mobile: 07841341084 Email: Jill.Carrick@vsa.org.uk

Carers Centre Coordinator: Linda Camilli – Working Hours: Monday, Tuesday & Friday – Email: Linda.Camilli@vsa.org.uk

Aboyne

Contact: VSA Carers Support, Unit 9, Aboyne Business Centre, Aboyne AB34 5HE Telephone: 01339 887291

Support & Development Worker: Georgina Errington - Mobile: 07894 614 877
– Working Hours – Monday to Friday - Email-;
Georgina.Errington@vsa.org.uk

Peterhead

Contact: 1 Carters Close, Peterhead AB42 1UU Telephone: 01779 490894
Senior Information & Advice Worker: Janice Duthie – Working Hours –
Monday to Thursday - Email-; Janice.Duthie@vsa.org.uk

8.25 Childline

ChildLine is the free and confidential helpline service for children and young people.

Situated at Ruby House in the city centre, the ChildLine office in Aberdeen provides the base for local volunteers who offer their support to young callers in need of help and someone to listen.

Children and young people can call ChildLine free on 0800 1111. They can also visit the website www.childline.org.uk which is solely for children and young people to access help, advice and information.

Helpline Service for Children and Young People - 24hr service

A free national 24 hour helpline for children in trouble or danger

Telephone 0800 1111d

Contact: ChildLine in Scotland

3rd Floor Ruby House, 8 Ruby Place, Aberdeen AB10 1QZ

Main Contact - Volunteer Co-ordinator: Kerri Stewart

Tel 01224 973036

Email: kerri.stewart@nspcc.org.uk

Main office no. 01224 973030

Childline is a service provided by the NSPCC. Registered charity numbers 216401 and SC037717

www.nspcc.org.uk

8.26 Child Poverty Action Group in Scotland

Child Poverty Action Group (CPAG) in Scotland works on behalf of the one in four children in Scotland growing up in poverty. We use our understanding of

what causes poverty and the impact it has on children's lives to campaign for policies that will prevent and solve poverty – for good.

We offer a wide range of training, handbooks and information on all aspects of social security benefits and tax credits. They are essential aids to those working in advice, support and advocacy to make sure that low income families get the financial support they need.

View our Scottish handbooks, factsheets and e-bulletins for free online at:

www.cpag.org.uk/scotland

Contact:

Child Poverty Action Group in Scotland

Ladywell Business Centre
94 Duke Street, Glasgow G4 0UW

Tel: 0141 552 3303

Advice line: 0141 552 0552 (for frontline advisers and support workers in Scotland) Monday – Thursday, 10am – 4pm, Friday 10am - 12 noon. Or email: advice@cpagscotland.org.uk.

Email: staff@cpagscotland.org.uk

www.cpag.org.uk/scotland

8.27 Children 1st

At CHILDREN 1ST, our vision is a happy, healthy, safe and secure childhood for every child and young person in Scotland.

We have 125 years' experience of working with children and families, previously as the Royal Scottish Society for Prevention of Cruelty to Children (RSSPCC). Today, we support families under stress, protect children from harm and neglect, help them to recover from abuse and promote children's rights and interests

We deliver services around the country in homes and communities that help children and families every day; we speak out for children's rights by influencing legislation and campaigning to change attitudes towards children and we share our expertise with others, both professionals and volunteers who work with children and families through our training and consultancy services

Contact: CHILDREN 1ST, 83 Whitehouse Loan, Edinburgh EH9 1AT

Tel: 0131 446 2300

Fax: 0131 446 2339

Email: info@children1st.org.uk

PARENTLINE: 0808 800 2222

Free confidential helpline that helps children by helping parents

<https://www.children1st.org.uk>

8.28 Cinnamon Trust

The only specialist national charity for people in their last years (elderly) and terminally ill people and their much loved, much needed companion animals.

A network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together - for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc.

When staying at home is no longer an option, our Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and providing previous arrangements have been made with us we will take on life time care of a bereaved pet.

The Cinnamon Trust - Peace of mind for owners, love, care and safety for beloved pets. But helping 14,000 people a year with 16,000 animals and running two home from home sanctuaries costs - We need your help to make sure we’re always there.

Contact

Telephone: 01736 757 900

Fax: 01736 757 010

Address: The Cinnamon Trust, 10 Market Square, Hayle, Cornwall
TR27 4HE

Email: admin@cinnamon.org.uk

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

8.29 Cocaine Anonymous UK

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.

Contact

CA Scotland Helpline

Telephone: 0141 959 6363 (The Cocaine Anonymous UK Helpline is

answered

10am - 10pm Every Day)

Address: CAUK, 204-226 Imperial Way, Harrow HA2 7HH

Email: helpline@cauk.org.uk

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

8.30 Combat Stress

Combat Stress delivers dedicated treatment and support to ex-Service men and women with conditions such as Post Traumatic Stress Disorder (PTSD), depression and anxiety disorders. Our services are free of charge to the Veteran.

Combat Stress provides a dedicated service for Veterans whose mental health condition is often complex and long term. A small, but significant, number of Veterans leave the Armed Forces with a severe psychological wound such as Post Traumatic Stress Disorder (PTSD). Other debilitating conditions that Veterans may suffer from include depression and/or anxiety disorders.

Combat Stress offers:

- ☐ Confidential help and advice on any mental health issues to Veterans, serving personnel and their families via a 24 Hour Helpline
- ☐ An expanding community outreach services, delivered by teams of Community Psychiatric Nurses and Regional Welfare Officers.
- ☐ Specialist clinical treatment at three short-stay residential centres in Shropshire, Surrey and Ayrshire.

Contact

The Combat Stress 24-hour Helpline: 0800 138 1619

Tel: 07537 404 719 (standard charges may apply for texts)

Email: combat.stress@rethink.org

Telephone: 01372 587 000

Email: contactus@combatstress.org.uk

Postal address: Combat Stress, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey KT22 0BX

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

8.31 Community Alarm Scheme

The Community Alarm Scheme helps disabled or older people stay in their own homes by providing an alarm system which they can use to call for assistance in an emergency, at any time of night or day. Those who qualify for the Community Alarm Scheme include people of all ages who have difficulties related to illness or disability which may require them to summon

help in an emergency. They must be able to understand how to activate the alarm system.

The system provides a normal telephone service plus an alarm button which when pressed sends a signal to a central control point, manned 24-hours a day. Staff at the control point will be able to speak to the caller and will then contact a nominated friend, relative or volunteer, or send for a doctor or an ambulance in a medical emergency. The system is therefore dependent on an active telephone line being maintained by the service user.

All Sheltered Housing schemes in Aberdeenshire are connected to the Community Alarm Scheme which will work in conjunction with Sheltered Housing Staff to provide support to tenants.

Telecare

Telecare provides a range of additional alarm systems that can alert users when something needs their attention or alert others to help them. Telecare is designed to support and maintain a person's independence at home.

The equipment is unobtrusive and is installed in the home by trained technicians with minimal disruption. Examples of telecare alert systems are:

- fall detector
- smoke / fire detector
- flood detector
- gas detector
- occupancy detector
- door contacts which can raise an alert when the door is opened
- pressure mats which detect movement or lack of movement

People who are thought to be at risk without the additional security given by the alarm. Most people with an alarm live alone or are alone in the house for long periods of time, or live with someone who cannot be relied on to deal with an emergency.

Examples of those who may be eligible are people who are living independently and have:

- increasing frailty
- dementia
- a long term health condition
- physical disability
- sensory impairment
- mental health problems, or
- problems with substance misuse

Someone from the Scheme will assess whether an applicant is eligible. Apart from those in sheltered housing, applicants need have their own personal support network willing to respond in event of an emergency. To operate the alarm scheme, there has to be a telephone in the house.

How to apply

Apply to the [Social Work Office](#) in the area in which the person requiring the service lives.

Contact

Phone: 0845 608 1206

Email: social.work@aberdeenshire.gov.uk

Website: <http://www.aberdeenshire.gov.uk>

8.32 Compassionate Friends

The Compassionate Friends is an organisation of bereaved parents, siblings and grandparents offering support and mutual understanding to others after the loss of a child, of any age. They have a national helpline, with calls taken only by bereaved parents, as well as a comprehensive website. These are the best ways to first get in touch. If desired, the helpline will put you in touch with any groups or individuals you can contact in your local area. The website offers a Members Forum which enables those who join up to speak electronically to others similarly bereaved

Contact

Helpline: 0845 123 2304

Hours: daily from 10.00-16.00 and 19.00-22.00

Website: <http://www.tcf.org.uk>

Email: info@tcf.org.uk

Helpline Email: helpline@tcf.org.uk

8.33 Contact a Family

Contact a Family provides support, advice and information for families with disabled children. Their Freephone helpline for parents and professionals across the UK is staffed by trained parent advisors. It gives information and advice on a wide range of issues including welfare rights, education, short breaks, local services and local support. Contact a Family produce a wide range of publications including newsletters, parent guides and research reports, helping parents and professionals to stay informed. The Contact a Family Directory is a guide to medical conditions and disabilities with information on over 1000 conditions and related support. Each entry provides an overview

of the condition with details of support groups where available.

Contact a Family Scotland is based in Edinburgh and has a team of volunteers working in local authority areas to support people locally and help signpost to the right support.

Contact a Family UK has a number of offices around the UK providing local newsletters, information, workshops and support.

Contact a Family campaigns to improve the circumstances of families with disabled children and their right to fully participate in society.

Contact: Contact a Family Scotland, SPACE, Craigmillar Social Enterprise & Arts Centre, 11/9 Harewood Road, Edinburgh EH16 4NT

Tel: 0131 659 2930

Free national helpline 0808 808 355 for information, support and advice
 Email: scotland.office@cafamilly.org.uk
<http://www.cafamilly.org.uk/>

8.34 Contact the Elderly

Contact the Elderly is the only national charity solely dedicated to tackling loneliness and social isolation among older people.

We aim to do this by organising monthly Sunday afternoon tea parties for small groups of older people (aged 75+) who live alone, and volunteers within their local community, offering a regular and vital friendship link every month.

Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

Our tea parties are a real lifeline of friendship for our older members who have little or no contact with any family or friends. They bring people of all ages together, develop fulfilling friendships and support networks, and give everyone involved something to look forward to each month.

5 groups in the Aberdeenshire area

Local contact: Morna O'May (East Scotland Development Officer)

Telephone: 01786 871264

Email: morna.omay@contact-the-elderly.org.uk

National contact: Contact the Elderly

2 Grosvenor Gardens, London, SW1W 0DH.

Telephone: 020 7240 0630

Fax: 020 7379 5781

Freephone: 0800 716543

Email: info@contact-the-elderly.org.uk

<http://www.contact-the-elderly.org.uk>

8.35 Cruse Bereavement Care Scotland

Everyone experiences bereavement at some stage in their life – whether it's the death of a parent, a loved one, a friend or a child. The experience often means that our lives will never be the same again. Sometimes the feelings – despair, loneliness or even guilt – may overwhelm us, so much so that we need help. In time, and with support, we can work through such feelings and learn to live with our loss.

At Cruse Bereavement Care Scotland (CBCS) we're here to help you through this difficult time. We're able to listen – offering an impartial ear with no agenda – or we can support you via one-to-one counselling sessions where you can work through your grief. Or it may be that you need reassurance that other people have been through a similar experience – indeed it might be helpful to read about other people who have been bereaved and hear how they've coped. Please be assured that all our services are offered to everyone free of charge.

Who Are We? We are a charity, staffed by volunteers, to give bereavement support to people throughout Scotland. We have teams in the major population areas plus we are able to provide support across the country by phone.

Founded in 1959, Cruse gradually developed into a volunteer counselling service. The first branch of Cruse in Scotland opened in the late 1960s and by the mid '90s there were 28 branches north of the border. Cruse Bereavement Care Scotland (CBCS) was set up on 11 April 2001 as a fully independent Scottish charity, working in a federal relationship with other parts of Cruse.

Funding

We rely on grants and donations to fund this important work but also give those we help the opportunity to contribute. Why not make a donation so that we may continue to help those struggling with their grief and to reach out to even more people who need our help?

Contact

Our Support Helpline is 0845 600 2227

- A single number, no matter where you live

Cruse Bereavement Care Scotland, North Area is comprised of teams based in: Aberdeen and Deveron

For more information, please see:

www.crusescotland.org.uk

8.36 Cry-sis

Cry-sis has developed to become a well-respected and national charity. The stated aims remain 'to be efficient and effective in providing self-help and support to families with excessively crying, sleepless and demanding babies'. To achieve this, Cry-sis runs a national telephone helpline that is available to callers every day of the year between 9.00am and 10.00pm. Callers are referred to a trained volunteer member of Cry-sis who has had personal experience of crying or sleep problems within their own family. Calls to this number cost a maximum of 2 pence per minute plus your call providers access charge.

Contact

Telephone: 08451 228 669 (lines open 7 days a week 9am-10pm)

E-mail: info@cry-sis.org.uk

Address: BM Cry-sis, London WC1N 3XX

<http://www.cry-sis.org.uk>

8.37 Daisy Network

The Daisy Network Premature Menopause Support Group is a registered charity for women who have experienced a premature menopause. Premature menopause (also called premature ovarian failure and premature ovarian insufficiency) is defined as the onset of menopause before the age of 40 and affects one per cent of women. Early menopause is defined as the onset of menopause before the age of 45. There are many possible causes for premature and early menopause including auto-immune diseases, cancer treatment and family history, but for many women the cause remains unknown

The Daisy Network is a not-for-profit organisation and has no paid members of staff. We rely solely on the support of our volunteers and members. This website provides information about premature menopause and the issues around it.

Contact: The Daisy Network, PO Box 183, Rossendale, BB4 6WZ

Email: daisy@daisynetwork.org.uk

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

8.38 Disability Equipment Service

A national website dedicated to the buying and selling of new and used disability equipment.

Quickly search for equipment using the keyword search below or [view all items](#)

[Sell or donate](#) your equipment as a guest - no need to register

Register as a [Regular Lister](#) - suited to individuals and organisations who want to list multiple items

Post a [Wanted listing](#) if you can't find what you're looking for

Contact

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

Disability Pregnancy and Parenthood

DPPI (Disability, Pregnancy & Parenthood) is a registered charity that

promotes better awareness and support for disabled people during pregnancy and as parents.

Who we are for

- disabled people who are already parents and those who wish to become parents
- health and social work professionals
- Other individuals and organizations concerned with disability and/or pregnancy and parenting.

Our services

- A free, information service for disabled parents and professionals;
- Publications: Accessible guides on disabled parenting;
- Training and consultation for health and social care professionals;
- This website, which provides information, news and articles Disability, Pregnancy & Parenthood is entirely run by volunteers.

Contact:

Email: info@disabledparent.org.uk
<http://www.disabledparent.org.uk>

8.39 Disability Rights UK

We are now Disability Rights UK – we are disabled people leading change, working to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens. We aim to be the largest national pan-disability organisation led by disabled people.

Disability Rights UK is led, run and controlled by disabled people, with disabled people making up at least three-quarters of its board members.

Disability Rights UK focuses on:

- promoting “meaningful” independent living for disabled people
- promoting disabled people’s leadership and control
- breaking the link between disability and poverty
- campaigning for disability equality and human rights
- selling RADAR access toilet keys.

Advice work

We provide factsheets on disability rights, social security benefits, tax credits and social care to disabled people, their families, carers and professional advisers. For help or information about our advice work go to FACTSHEET menu page.

Publications

We are best known as the authors of the Disability Rights Handbook, an annual publication with a print-run of over 20,000. We also have a range of other guides and other information, much of which is free to download. For

information about our publications go to: www.disabilityrightsuk.org and click on the option 'Visit the Shop'.

Membership

We are a membership organisation with around 1000 members ranging from individual members to small, self-help groups through to major national charities. We are controlled by disabled people who form a majority of our Board of Trustees. We run a dedicated telephone helpline for member organisations. For information about becoming a member go to our membership page.

Campaigning and Policy work

Disability Rights UK is a campaigning organisation. We are particularly concerned with disability, social care and tackling poverty.

We also play an important role in advising and lobbying the Government on matters concerning disability benefits, tax credits, social care and tackling poverty. Where necessary we also undertake research into the needs of disabled people and use findings to influence central and local Governments.

Our campaigning and policy work is often collaborative. We consult with our member organisations so that they are able to feed into the issues we campaign and lobby on. For information on our campaigning and policy work go to our policy and campaigns page.

Contact:

Address: Disability Rights UK, CAN Mezzanine, 49-51 East Road, LONDON, N1 6AH

Call us on 020 7250 8181

Email: enquiries@disabilityrightsuk.org

Helplines

We now also have a variety of Help lines within Disability Rights UK that provide information on a variety of issues, please direct people to the following numbers as appropriate:

1. Disabled Students Helpline: 0800 328 5050

Opening hours: Tues 11.30 – 13.30 & Thurs 13.30 – 15.30

Email: students@disabilityrightsuk.org

Provides advice to: Disabled students who are studying in England. They can support students who are studying in Wales and Scotland with general information on the Equality Act, welfare benefits and access to Higher Education but recommend that disabled students who wish to study in Scotland contact Lead Scotland (0131 228 9441) for more specialised information and advice about education and training in Scotland.

Post-16 education & training enquiries from disabled students or professionals working with disabled students

2. Personal Budgets Helpline and email service: 0300 555 1525

Opening hours: Tuesday & Thursday 9.30 – 13.30

Email: selfdirectedsupport@disabilityrightsuk.org

This line gives information on the national eligibility criteria for social care funding, care needs assessments and care and support planning as well as the national eligibility criteria and non-residential community care charges.

This line does NOT give help with or information about claiming benefits.

<http://disabilityrightsuk.org/>

8.40 Disabled Living Foundation

DLF is a national charity that provides impartial advice, information and training on daily living aids for older and disabled people. It is a founder member of the [Information Standard](#), a certification scheme for health and social care information.

- Free advice and information on daily living
- Database of daily living equipment
- Conferences, workshops and training courses for health and social care professionals
- Fact sheets
- Supplier directory
- Advice helpline
- A community forum

Contact: Disabled Living Foundation, 34 Chatfield Road, London SW11 3SE

Telephone: 020 7289 6111, 9am - 5pm, Mon-Fri

General email: info@dlf.org.uk

Helpline: 0300 999 0004 Email helpline@dlf.org.uk 10am - 4pm, Mon-Fri

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

8.41 Disabled Parents Network

For 15 years, Disabled Parents Network (DPN) has supported disabled people who are or aspire to be parents, their families, friends and those working with them. For the past 18 months we have faced extremely difficult financial circumstances, which mean that as of now, we have ceased all operational activity.

During the past 15 years, with the invaluable support of our staff and volunteers:

Our Support Service has provided many disabled parent, prospective parent, families' access information, advice and support enabling them to access services, equipment and their community. Families have been able to successfully challenge school admissions where a family described the

support we provided 'intrinsic to our success' and access social care support. Sadly we were unable to support the many international enquiries we received where knowledge of their systems was required.

Our Forum, innovative when set up, provided families with an opportunity to families to access peer support, share experiences and form connections and friendships and our Facebook provided similar opportunities with the expansion of social media.

Demand for our Information Handbooks has been high, parents and those working with them, including requests from overseas, as they have given families much needed information on accessing services.

Our Advocacy Service has made a huge difference to the lives of those it supported and raised awareness within local authorities of the issues disabled parent families faced, influencing changes in some.

We have facilitated the participation of families in consultations, research, media projects and other activities. Assisted many students and researchers with assignments and research.

We have influenced policy and practice including the Maternity Services Review in 2007 and as a member of the NYCC (National Young Carer Coalition) The Children and Families Act 2014 and the Care Act 2014 under which holistic family assessments should be undertaken and there should be better communication between adult and children's services.

We have delivered training to many professionals and students in health, social care, education and other statutory, voluntary and private sector organisations and believe we have raised awareness of disabled parent families.

Contact

For more information and to contact the organisation please look online at:

<http://disabledparentsnetwork.org.uk>

Facebook: <http://disabledparentsnetwork.org.uk/about-us/>

Twitter at DPNUK

8.42 Dreams Come True

Dreams Come True is a national children's charity. Our mission is to make dreams come true for life limited and seriously ill children and young people throughout the UK.

What We Do: Dreams Come True help life limited and seriously ill children between the ages of 2 and 21 fulfil their dreams. We operate with complete integrity and dependability - liaising, coordinating, helping to organise and financially contributing towards the child or young person's dream. Our aim is to ensure that each child or young person has an unforgettable experience with wonderful memories to share with loved ones and friends.

Each dream is unique. Some want to meet their celebrity hero or favourite Disney character while others want a holiday abroad, laptop, iPhone or a special experience such as being a mermaid. Many want help with their everyday lives and Dreams Come True is delighted to help with vital sensory equipment, wheelchairs or specially adapted bicycles as well.

Contact: Dreams Come True, Exchange House, 33, Station Road
Liphook, Hampshire GU30 7DW
Tel: 01428 726330
Freephone: 0800 018 6013
Email: info@dctc.org.uk
<http://www.dctc.org.uk>

8.43 Drugs Action

Drugs Action's primary aim is to improve the quality of life of individuals, families and communities by helping people reduce the harms associated with alcohol and other drug use and support recovery.

OBJECTIVES

- To provide and develop an easily accessible range of specialist counselling, information and advice services to drug/alcohol users, ex-users, their families and friends.
- To provide targeted drugs education, interventions training and consultancy to other professionals and agencies.
- To provide appropriately targeted interventions to prevent and reduce alcohol and other drug related harm at all stages, levels and patterns of drug using behaviour.
- To provide interventions which encourage and support the maintenance of positive changes in alcohol and other drug use and related behaviour.
- To provide services which specifically target hard to reach and vulnerable drug users and those at risk of developing drug related problems.
- To inform the development of a strategic approach to alcohol and other drug related problems at a local and national level.
- To provide a volunteering buddying programme to enhance appropriate services.
- To provide opportunities for peer support and enhancement of capacity within communities.

Services include the following:

Direct Access Services (open to Aberdeen City and Aberdeenshire residents) – provided 7 days a week include:

- Advice, information, support and referral to other services via telephone helpline (01224 594700) and a range of drop-in sessions across Aberdeen. Service is provided 7 days a week.
- Blood Borne Virus Prevention and Specialist Injecting Equipment Provision service provided.

- Structured work to support recovery – based in Aberdeen but available to City and Aberdeenshire residents
- Quay Services for women involved in prostitution
- The Green Light Project – Prevention and support for young people, up to 25 years who are at risk of sexual exploitation.

Friends and Family Support Group meets every alternate Wednesday evening.

Aberdeenshire Services

- Community Alcohol Service Aberdeenshire (CASA) provides support to individuals who are concerned about their own or someone else's alcohol use. CASA provides assessment of needs of each service user, short term support and advice to people who are drinking above safe limits, ongoing counselling when appropriate, support from a CASA Buddy to help people move forward on their recovery journey, and joint working with other relevant services as appropriate.

For further information and referral Email: info@casaaberdeenshire.co.uk

- Compass aims to improve the social and emotional well-being of children and young people who are affected by a parent's drinking or drug use. Based on individual assessment of need, Compass provides support and advice to improve health and well-being, a safe place to talk about their own goals and aspirations and assistance to ensure their safety and welfare is protected. Compass works in partnership with other appropriate services to fully support the child/young person to achieve their goals.

For further information and referral Email: info@compassaberdeenshire.co.uk

- Incite Stimulant Users Service provides interventions tailored to the individual needs of stimulant users and their families. This includes credible information and advice to individual who use Cocaine, Crack Cocaine, Ecstasy and Amphetamines. Increasingly this has extended to new and emerging drugs often referred to as 'legal highs'. Based on individual assessment, Incite provides structured programmes and support to individuals who have developed problematic stimulant use, acupuncture for relief of anxiety, poor sleep depression, detox and comedown; and information & support to family members. Incite is involved in awareness raising on an outreach basis and training to professional who may come into contact with stimulant users.

Contact

Drugs Action Telephone Helpline: 01224 594700.

Email: help@drugsaction.co.uk

For opening times see

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

8.44 Early Education

Early Education was founded in 1923. Almost ninety years later we continue to remain committed to supporting families and the professional development of all those working in early childhood education to ensure effective early childhood education experiences of the highest quality for all children across the United Kingdom.

Today, there is an increasing awareness that the earliest years of a child's life are the foundation for future life chances and achievement. A secure, safe and happy childhood is important in its own right, and provides the foundation for children to make the most of their abilities and talents as they grow up.

Through our work, we support both strategically and practically, more than 7,000 individuals working across early childhood education each year. We endeavour to effect change and respond rapidly to the changes in the early childhood education policy and practice landscape through consultation, campaigning and dialogue with policy makers as well as practically through projects, publications and resources, training and professional development and information and advice.

Contact: Early Education

Address: 136 Cavell Street London E1 2JA

Telephone: 0207 5395 400

Fax: 0207 5395 409

Email: office@early-education.org.uk

<http://www.early-education.org.uk>

8.45 The Ectopic Pregnancy Trust

The Ectopic Pregnancy Trust: Providing information, education and support to those affected by early pregnancy complications and to the health professionals who care for them

Information:

The Trust produces a suite of patient-orientated literature, designed to help those affected by the condition, with detailed information about their particular treatment and the condition in general. Our literature is widely used throughout hospitals in the UK to ensure that patients are supported and informed. We also provide information via our helpline and a suite of medically moderated and overseen online forums.

Helpline: [020 7733 2653](tel:02077332653)

Our helpline is operated as a call-back service

Contact us: The Ectopic Pregnancy Trust 483 Green Lanes London N13 4BS

Email: ept@ectopic.org.uk

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

8.46 Endometriosis UK

Endometriosis UK aims to improve the lives of people affected by endometriosis and work towards a future where it has the least possible impact on those living with endometriosis.

Our Support Network provides key services that enable those affected to understand their condition and to take control of it. Our core services include local groups in communities where you live and a free Helpline service that is available most days of the year.

Contact

FREE Helpline: 0808 808 2227

Telephone: 020 7222 2781

Fax: 020 7222 2786

Email: admin@endometriosis-uk.org

<http://www.endometriosis-uk.org>

8.47 Equality Advisory and Support Service (EASS)

The Helpline advises and assists individuals on issues relating to equality and human rights, across England, Scotland and Wales. We can also accept referrals from organisations which, due to capacity or funding issues, are unable to provide 'in depth help and support' to local users of their services.

The EASS helpline is open Monday to Friday 9am to 7pm and Saturday 10am to 2pm. It can be contacted in one of the following ways:

- Freephone Telephone **0808 800 0082**
- Text phone **0808 800 0084**
- Freepost address: **FREEPOST EASS HELPLINE FPN6521**

Website: www.equalityadvisoryservice.com.

8.48 Family and Friends of Lesbians and Gays

FFLAG is a national voluntary organisation and registered charity. We are dedicated to supporting parents and their lesbian, gay and bisexual daughters and sons. We offer support to local parents groups and contacts, in their efforts to help parents and families understand, accept and support their lesbian, gay and bisexual members with love and pride. FFLAG members are parents of lesbian, gay or bisexual sons and daughters. These young people and their families face serious homophobia in our society, which brings in its wake prejudice, bullying and alienation. We provide a central point for exchange of information between parents groups and local parent contacts.

FFLAG supports the full human and civil rights of lesbian, gay and bisexual and transgender individuals. FFLAG speaks out and acts to defend and enhance those human and civil rights.

Contact

Telephone: 0845 652 0311

Email: info@fflag.org.uk

Address: FFLAG, PO Box 495, Little Stoke, Bristol, BS34 9AP

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

8.49 Family Mediation Grampian

Family Mediation Grampian is for parents whose relationship is over. Family Mediation helps parents, whether they have never lived together, are considering separating, recently separated, divorced, or have been apart for some time, to negotiate or re-negotiate arrangements for their children.

See details below for contact (Relationships Scotland)

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

8.50 Foster Care Associates

At FCA our main aim is to produce positive outcomes for children and young people in care and we do this by providing our foster carers with 'wrap around' support so that they are better equipped and able to support the young people they look after. Positive outcomes are also encouraged by foster carers, their families and looked after children engaging in locally organised activities and events within the community. Attending regular group meetings for carers is also useful and another form of support we offer.

Contacts

Scotland: Head Office: 26 Newton Place, Glasgow Scotland G3 7PY

Tel: 0800 434 6000

Aberdeen: 115 Grandholm Drive, Aberdeen AB22 8AE

Telephone: 0800 023 4561

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

8.51 Friends of the Special Nursery

Child with additional support needs

Does your child have special needs, or do you have concerns about your child's development? This organisation provides information and support.

Baby/toddler groups: Attending your first mother & toddler session can be quite a stressful experience, and if your little one has additional support needs, it can feel even more difficult. Listed below are some baby& toddler groups in and around Aberdeen. Some are aimed at children with additional support needs, and others are for children of all abilities. All of them are really fun!

Contact

Postal address: C/O Neonatal Unit
Aberdeen Maternity Hospital, Cornhill Road, Aberdeen AB25 2ZL

Email: info@specialnursery.org

<http://www.specialnursery.org/contact-us>

8.52 Families Need Fathers (Scotland)

If you are separating or divorced and are worried about not seeing your children - or worried about the effect the breakdown of your relationship might have on them, Families Need Fathers can provide you with the support and information you need.

Our services are open to mothers, fathers, grandparents, new partners and extended families. We are an organisation dedicated to helping parents and their families continue to provide the love, care and support that their children need after separation - and are there to support parents and families in doing this - especially if you are having problems in coming to an agreement on your own.

Contact Us: 39 Broughton Place, Edinburgh EH1 3RR.

Tel: 0131 557 2440.

Email: scotland@fnf.org.uk

Aberdeen/shire: 3rd Thursday of each month, 7-9pm in Queen's Cross Church, Aberdeen

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

8.53 GamCare

Provides information, advice and support to anyone affected by problem gambling, including free counselling treatment (face-to-face or online) across Scotland, England and Wales.

National Gambling HelpLine – **Freephone 0808 8020 133** to speak with our specially trained Advisers, or web chat via our NetLine at www.gamcare.org.uk; Advisers are available every day from 8am – Midnight.

GamCare Forum & Chatrooms: Online services facilitating peer-to-peer support, with moderation via our specialist team of Advisers. Seek support, share experiences and help others.

Office Contacts:

Tel: 020 7801 7000

Email: info@gamcare.org.uk

8.54 Gingerbread

Provide advice and practical support for single parents. Expert advisers answer the helpline, the website is packed full of useful information and they offer training too. They also campaign to improve the lives of all single parent families. As it is a national charity, it's free.

Telephone Freephone: 0808 802 0925 Monday 10-6, Tuesday, Thursday and Friday 10-4pm, Wednesday 10-1pm 5-7pm

Email: info@gingerbread.org.uk

Contact: Gingerbread office, Gingerbread, 520 Highgate Studios, 53-79 Highgate Road, London, NW5 1TL

Office Manager: 020 7428 5420

Finance: 020 7428 5411

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

8.55 Grampian Regional Equality Council

GREC is the lead organisation in the voluntary sector responsible for race equality matters in the North East of Scotland. We operate a range of services such as Casework, Counselling Services (for adults and children/young people), interpreting and translation service, and Language Cafes. We are also involved in community planning, various research projects and can offer training on equalities issues, and various volunteering opportunities.

Offices are open: Monday to Friday 10am – 12noon, and 1pm - 4pm

Contact: Dave Black, General Manager

Address: 41 Union Street, Aberdeen AB11 5BN

T: 01224 595505

Email: info@grec.co.uk

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

8.56 Grandparents Apart UK

When someone comes to us with a problem we comfort them and give them a friendly ear, try to help them to build bridges, hoping to bring the family back together again.

We also highlight the injustice of grandchildren having no right of contact with grandparents when the grandparents have done nothing wrong. Grandparents have the time and patience in today's world of rush, but for the sake of upsetting the children many grandparents do not pursue contact and broken-hearted they suffer in silence hoping one day they will see their grandchildren again, the children are the terrible losers in this controlling world of adult conflict.

Contact: 0141 882 5658

Email: directly from the website

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

8.57 Hands on Scotland

The HandsOnScotland toolkit is a resource for anybody working with or caring for children and young people.

This is a useful website which gives practical information and tools to help you respond helpfully to troubling behaviours and to help children and young people to flourish.

The toolkit is arranged into two sections - the Troubling Behaviours section and the Flourishing section.

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

8.58 Home Start

Home-Start

Supports young families and is committed to promoting the welfare of families with at least one child under 5 years of age. Volunteers offer support, friendship & practical help to families under stress in their own homes. Volunteers usually visit once a week and can help in a number of ways – listening ear, allowing parents an hour to themselves or help with transportation.

Home-start Deeside

Our support is free, confidential and non-judgmental. In fact, almost 25% of families refer themselves to Home-Start which speaks for itself. We help to increase the confidence and independence of families by:

- Visiting families in their own homes to offer support, friendship and practical assistance
- Reassuring parents that their difficulties are not unusual or unique
- Encouraging parents strengths and emotional well-being for the ultimate benefit of their children
- Trying to get the fun back into family life

Contacts

Leah Bruce – Senior Co-Ordinator – Mobile: 07508346387

Irene Malone – Co-Ordinator – Mobile:07580874023

Julie Cooper – Business Administrator – Mobile: 07786011368

Office – 01330 824443

Address: The Annexe Building
Clydsdale Bank
38 High street
Banchory
Aberdeenshire
AB31 5SR

Email: info@homestartdeeside.org

<http://www.homestartdeeside.org>

Home-Start Garioch

Home-Start Garioch has been working in the Garioch and Formartine area since 1995. We are part of a national network of schemes, offering home-based support to young families. Volunteers, who have experience of bringing up children, support other parents by visiting them at home for 2-3 hours each week.

The daily stresses of bringing up a family can often be overwhelming and as a result, parents can become exhausted and discouraged. All kinds of families need support for all sorts of reasons: perhaps they are struggling to cope with postnatal depression, a child's disability, family breakdown or bereavement or maybe they feel isolated and unable to connect with their local community.

Whatever the reason, Home-Start Garioch can provide practical and emotional support. This support can help parents grow in confidence, strengthen bonds with their children and give them the best possible start in life.

Contact

Telephone – 01467 624801

Email: office [@homestartgarioch.org.uk](mailto:office@homestartgarioch.org.uk)

Home-Start Garioch, Lumphart Cottage, Port Road, Inverurie, AB51 3SP

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

Home-start Kincardine

Contact

32 David Street, STONEHAVEN AB39 2AL

Tel: 01569 767 773

Fax: 01569 767 773

Email: office@homestartkincardine.org

Website: <http://www.homestartkincardine.org.uk>

Home-start North East Aberdeenshire

Welcome to the Home-Start NEA (North East Aberdeenshire) website.

Life is never easy, especially when you have a young family. There are times when every family needs extra help.

When difficulties or problems come along, Home-Start NEA can help. If you have at least one child under the age of five years old we can provide support

Contact

Home-Start NEA, the Hub, 56 High Street, Fraserburgh AB43 9ET

Telephone: 01346 518930

E-mail: office@home-startnea.org.uk

<http://www.home-startnea.org.uk>

8.59 Hysterectomy Association

The Hysterectomy Association is a social enterprise set up by [Linda Parkinson-Hardman](#) in 1997. It was created to provide impartial, timely and appropriate information to women who were facing a hysterectomy. The biggest concern that the majority of women have is that they haven't been given enough information to help them make an informed decision and unfortunately this position doesn't seem to be changing much.

Over the years, The Hysterectomy Association has changed beyond all expectation and it is now achieving what it hoped to in the early days, simply because use of the Internet has grown so incredibly over the last few years. All of the information we produce is available on our website, we don't produce printed leaflets to send out as we don't have the income to be able to afford to do this type of work. We are a member of the NCVO (National Council for Voluntary Organisations) and are bound by their codes of conduct

Contact: The Hysterectomy Association
Bakehouse Cottage, Clifton Maybank, Dorset, BA22 9UZ

Email: info@hysterectomy-association.org.uk

<http://www.hysterectomy-association.org.uk>

8.60 Infertility Network

Infertility Network Scotland is the first branch of Infertility Network UK, the leading national infertility charity, working to ensure anyone trying to conceive who needs support, information or advice for their fertility or infertility can find it easily, in one place.

Contact: Infertility Network Scotland

Address: 41 Carson Drive, Irvine, Ayrshire KA12 8HR

Telephone: 01294 297162

<http://www.infertilitynetworkuk.com>

8.61 Kidscape (preventing bullying, protecting children)

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. The Kidscape staff equips vulnerable children with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm.

Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

Kidscape offers:

- A Helpline offering support and advice to parents of bullied children
- [Booklets, Literature, Posters, Training Guides, Educational Videos](#) on bullying, child protection, and parenting
- [National Comprehensive Training Programme](#) on child safety & behaviour management issues
- [Advice and Research](#)
- [Confidence Building Sessions](#) for children who are bullied

Contact

Address: Kidscape, 2 Grosvenor Gardens, London SW1W 0DH.

Phone: 020 7730 3300

Fax: 020 7730 7081

Helpline: 08451 205 204

Email:

- **General enquiries:** info@kidscape.org.uk (Please note that we receive a large number of emails to this address and it may take up to five working days to receive a response.)
- **Fundraising, volunteering or events:** fundraising@kidscape.org.uk
- **Kidscape professional training:** training@kidscape.org.uk

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

8.62 Mothers apart from their Children (MATCH)

MATCH is a charity that offers non-judgemental support and information to mothers apart from their children in a wide variety of circumstances. Our members include those who are sharing parenting and those who have little or no contact. We believe that children have a basic human right to continue to be part of a loving, nurturing family network for life, no matter how many times that family re-makes itself, no matter where their mothers live.

Are you a mother apart because:

- Divorce or Family breakdown
- Parental Alienation
- False allegations of causing harm
- Child Abduction

Our members are mothers who are apart from their children for many different reasons and who are in various circumstances. Levels of contact can vary. Some of our members have no contact, others have regular shared contact. Some see their children, others are only able to speak to their children over the phone, skype, Facebook, text or email.

Whatever your circumstances, MATCH is here to support you.

MATCHLINE is our free phone line for support, advice and understanding

0800 689 4104

Monday - Friday 9am - 1pm, 7pm - 9.30pm

Contact

General enquiries: enquiries@matchmothers.org

Media enquiries: media@matchmothers.org

our address for correspondence: MATCH

BM Box No. 6334, London WC1N 3XX

<http://www.matchmothers.org>

8.63 Law Centres

Law Centres are not-for-profit legal practices providing free legal advice and representation to disadvantaged people. There are 56 Law Centres staffed by solicitors and barristers who specialise in areas of civil law including employment, housing, discrimination, welfare benefits, education and immigration.

Law Centres are embedded in their communities and answer to committees of local people. They assist vulnerable people when they suffer injustice, educate people about their rights and tackle local problems. In doing so, they transform people's lives, helping them to stay in their homes, keep their families together and get into employment or education. Law Centres are members of the Law Centres Federation.

Scottish Association of Law Centres

Law Centres are not-for-profit legal practices providing free legal advice and representation to disadvantaged people. There are 56 Law Centres staffed by solicitors and barristers who specialise in areas of civil law including employment, housing, discrimination, welfare benefits, education and immigration.

Law Centres are embedded in their communities and answer to committees of local people. They assist vulnerable people when they suffer injustice, educate people about their rights and tackle local problems. In doing so, they transform people's lives, helping them to stay in their homes, keep their families together and get into employment or education. Law Centres are members of the Law Centres Federation.

Contact

Website: <http://www.govanlc.com/salc>

8.64 LEAD Scotland (Linking Education and Disability)

Lead Scotland, (Specialists in Linking Education and Disability), is a voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland

Contact

Email: enquiries@lead.org.uk

Telephone 0131 228 9441

Text phone users (18001) 0131 228 9441

Fax 0131 229 6941

Address: Lead Scotland, Room B05, Edinburgh Napier University, Merchiston Campus

14 Colinton Road, Edinburgh EH10 5DT

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

Contact Sarah Burton, Regional Development Manager North, for more information about Lead's services in Aberdeenshire.

Email: sburton@lead.org.uk

Telephone: 07768917509

Address: Lead Scotland, Room B05, Edinburgh Napier University, Merchiston Campus
14 Colinton Road, Edinburgh EH10 5DT
<http://www.lead.org.uk>

8.65 LIFE

LIFE exists to save lives and transform the futures of some of the most disadvantaged children and young people in the UK by supporting vulnerable pregnant mothers and young families through difficult times, offering them the help they need to turn their lives around.

The activities we undertake to realise this vision fall under four broad programmes:

- Housing - Residential centres providing supported accommodation and access to skills training for pregnant homeless young women aged between 16-25 yrs.
- Care - A network of Care Centres offering non-directive counselling for anyone facing a crisis pregnancy, suffering the loss of a baby or coping with the after-effects of abortion. Also provision of free baby clothes, equipment or other practical support to families in difficulty
- Education - Education Officers working in partnership with schools to provide young people with up-to-date, evidence-based information on abortion, stem cell research, sexual health and other related topics
- Fertility Care - The UK's leading centre giving women a more natural alternative to traditional fertility treatment.

For Scottish support groups please:

Contact: LIFE House, 1 Mill Street, Leamington Spa,

Warwickshire CV31 1ES

Landline: 01926 312272

Mobile: 01926 336497

email: sam@lifecharity.org.uk

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

8.66 Lone parent helpline - One Parent Families Scotland

The Lone Parent Helpline is a free and confidential helpline for lone parents. It provides answers to questions and problems that cannot be easily answered elsewhere. Topics covered include welfare benefits, tax credits, help finding and paying for childcare, legal issues relating to separation and divorce, maintenance, housing and funding for further/higher education.

Contact

Telephone: 0808 801 0323

The Lone Parent Helpline provides support and advice on anything from dealing with a break-up, moving into work or sorting out maintenance, benefit or tax credit issues.

Your call is free of charge from any UK landline or mobile.

Our friendly advisers are available Monday to Friday 9:30am to 4:00pm

Email: info@opfs.org.uk

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

8.67 Mermaids

Mermaids is a support group originally formed in 1995 by a group of parents who were brought together as a result of their children's longstanding Gender Identity Issues.

We have supported each other and our children through the difficulties and trauma that gender issues commonly bring to families.

We identified a need to form a support group to help other families, children, and teenagers in similar situations.

Our membership has grown, and we now have a number of new parents, plus young transmen and transwoman on our committee.

Over the years we have built up alliances with other organisations across the UK, and in some cases internationally, to try to support, educate, and alleviate suffering.

Contact:

Information line: (0208) 1234819: Monday to Saturday
3pm until 7pm only, UK Time, when staffed, answerphone at other times - local rates!

Postal Address: BM Mermaids, London, WC1N 3XX

Email: info@mermaidsuk.org.uk.

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

8.68 Missing People

We are a lifeline when someone disappears. We are caring and highly trained staff and volunteers working in collaboration with partners across the UK. For those left behind, we provide specialised support to end the heartache and confusion and search for their missing loved one.

Missing People is an independent charity funded by donations. You can make a real difference by joining the search in your area and by supporting us in a range of ways

We offer a lifeline for the 250,000 people who run away and go missing each year. For those left behind we provide specialised support to ease the heartache and confusion, and help search for their missing loved ones.

Young People

Contact us whenever you want us and however you want, we are here for you.

Runaway Helpline is free, confidential and 24/7:

Call FREEPHONE 116 000

Text 116 000

Email 116000@missingpeople.org.uk

This e-mail address is being protected from spambots. You need JavaScript enabled to view it

You can text us even if you have no credit left on your mobile phone.

We will talk to you in confidence to explain your options and try to get you the help you want. We won't tell anybody you have called us unless you want us to. We can't trace your calls, emails or texts.

General enquiries: Missing People, 284 Upper Richmond Road West, London SW14 7JE

Tel: 020 8392 4590

Fax: 020 8878 7752

Email: info@missingpeople.org.uk

If you're missing and want to talk to us about your situation:

Call Freephone 116 000 Text 116 000 email:

Email: messagehome@missingpeople.org.uk

To report someone missing:

Email: report@missingpeople.org.uk

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

8.69 MOSAC

Supporting non abusive parents and carers of sexually abused children

Mosac was formed when four mothers whose children were abused came together and drew strength from each other's shared experience and realised the need for a similar service for others.

Our Mission:

- All non-abusing parents, carers and families have the right to receive comprehensive support to live with the consequences of sexual abuse and to aid recovery.
 - We aim to provide a unique and specialist service, offering practical and emotional support to non-abusing parents, carers and families. We enable
-

these families to achieve and sustain an improved quality of life by rebuilding confidence, alleviating isolation, promoting inclusion and empowering them with the skills to safeguard themselves and their children. We break the silence surrounding child sexual abuse by raising awareness through training and consultancy.

We also offer free counselling, support groups, play therapy and workshops

Contact: National Free Helpline: 0800 980 1958

If you can pay please call our helpline on: 020 8293 9990

Email: enquiries@mosac.org.uk

Address: 141 Greenwich High Road, London SE10 8JA

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

8.70 Multiple Births Foundation

The Multiple Births Foundation (MBF) offers professional advice, education and support to parents and carers of twins, triplets and more, and to the professionals who care for them.

Families and professionals who would like to speak to one of our team of specialist healthcare professionals are welcome to contact us by phone or email.

The Multiple Births Foundation holds regular prenatal meetings in London for parents and grandparents expecting a multiple birth. Healthcare and other professionals are also welcome to attend. Details can be found on our website.

The MBF also provides specialist training for professionals working with multiple birth families. If you are interested please contact us.

Contact: The Multiple Births Foundation, Hammersmith House Level 4, Queen Charlotte's & Chelsea Hospital, Du Cane Road, London, W12 0HS
Telephone: 020 3313 3519

Fax: 0208 383 3041

Email: mbf@imperial.nhs.uk

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

8.71 Narcotics anonymous

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean

The information on this site is provided for:

- Those who think they may have a drug problem.
- Addicts in recovery.

- Professionals working with addicts.

Call helpline for details of times and venues for meetings

Contact

East Coast of Scotland Area Service Committee (A.S.C.)

Local Helpline: 07071 223441

National Helpline: 0300 999 1212

<http://www.ukna.org>

8.72 National Association for People Abused in Childhood (NAPAC)

We are the only national organisation focused on supporting adults who have been abused in any way as children. We know that most children who are abused don't talk about it until they become adults. NAPAC exists to support survivors of child abuse when want to talk and receive support.

We aim to:

- Respond to the distress caused in adulthood by ill treatment and/or neglect in childhood.
- Maintain a national information telephone line and other support services for people requiring advice and information about help available to overcome the continuing impact of childhood abuse in adulthood.
- Provide support, training, information and resources to persons and organisations supporting people who have experienced ill treatment and/or neglect in childhood.
- Raise public awareness of the continuing impact of childhood abuse in adulthood.
- Effectively campaign to alleviate the impact of child abuse in adulthood.

Contact

Address: NAPAC, Herald House 15 Lamb's Passage, Bunhill Row, London EC1Y 8TQ

Telephone free (including mobiles): 0808 801 0331

Email: directly from website

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

8.73 National Association for Pre-Menstrual Syndrome

NAPS is the only advocacy group in the world promoting the interest of PMS sufferers

Members of NAPS have access to in depth information and support including:

- [personal advice from clinical experts](#)
 - access to our members only secure website
 - [NAPS 'Guide to PMS'](#)
-

- NAPS dietary guidelines
- monthly on-line bulletin 'Once a month'
- full access to NAPS clinical presentations made at NAPS conferences
- NAPS Treatment Guidelines
- participation in surveys
- new product evaluation

Contact: 41 Old Road East Peckham Kent TN12 5AP

Phone: 08448157311

Email: contact@pms.org.uk

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

8.74 National Childbirth Trust

Offers ante-natal classes, breast feeding counsellors, social events for mums and children, nearly new sales of children's clothing, toys and equipment. Phone or go online to find you nearest branch and contacts.

NCT Helpline: [0300 330 0700](tel:03003300700)

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

Aberdeen City and Aberdeenshire

Welcome to the Aberdeen City & Shire branch of the NCT. Run by local parents, we offer support, information and friendship to new parents and parents-to-be in the area, helping you become the parent you want to be.

Branches are led by volunteers and offer local parents and parents-to-be invaluable support, services and NCT events, to help them get the most out of their new roles. By contacting your local NCT Branch you will find out about:

Support networks for parents - NCT Branches support you before, during and after your baby arrives; Whether or not you attend NCT antenatal or postnatal courses in your area, there'll be NCT volunteers who offer you opportunities to meet up and make friends and share experiences at coffee mornings, bumps and babies sessions and other support groups.

NCT Nearly New Sales -the cost of kitting out your baby or toddler can run into thousands. NCT Nearly New Sales are the perfect solution - top-quality baby and children's clothes and equipment at bargain prices straight from their loving owners.

NCT volunteering opportunities - have fun helping with NCT branch activities, use your skills to support local parents and meet new people from your community.

Local NCT social and fundraising events - giving you the chance to meet other parents while supporting your local branch and the wider NCT

Branches are the local FACE of NCT - "Fun, Accessible, Caring and Encouraging" - They aim to reflect these values in their local community, so do join in!

Find out how to get involved with your local NCT Branch and what's going on by contacting us using the details on this page.

Contacts

Main branch contact:

Tel: 01224 453 298

Email: coordinator.aberdeen@nct.org.uk

<http://www.nct.org.uk/branches/aberdeen-city-shire>

8.75 Netmums NE Scotland

Find out where to go and what's happening on [your local Netmums site](https://www.netmums.com/coffeehouse/local-chat-make-friends-20/scotland-23/) and have a chat in our coffeehouse forum
(<https://www.netmums.com/coffeehouse/local-chat-make-friends-20/scotland-23/>)

Founded in 2000 Netmums is the UK's fastest-growing online parenting organisation with nearly 2 million members. Netmums covers the whole of the UK, each site offering information to parents on everything from where to find playgroups and how to eat healthily to where to meet other parents. The local sites are backed by a wealth of parenting articles that start with pregnancy and follow through each stage of childhood helping parents to enjoy a happy and healthy family life.

The Netmums mission is to:

Help families have fun with and enjoy their children

Bring people together to make our local communities more lively and friendly

Make it unnecessary for any mum to feel lonely or isolated

Make sure every parent has access to all of the local support and advice available - from other mums and from professionals

Give mums a voice, locally and nationally, on issues of importance to them.

Contact

General enquiries: contactus@netmums.com

Address: Netmums, Henry Wood House, 2 Riding House Street, W1W 7FA

<http://www.netmums.com/home>

8.76 One Parent Families Scotland

We aim to encourage and enable parents across Scotland to make the most of the opportunities available to them so they can flourish as happy, healthy and achieving families. One Parent Families Scotland provides help to all single parent families; mums, dads, young parents and kinship carers.

Contact

Freephone 0808 801 0323

Headquarters: 13 Gayfield Square, Edinburgh, EH1 3NX

Tel: (0131) 556 3899

Email: info@opfs.org.uk

Aberdeenshire: Childcare at Home: 2 High Street Kemnay, Inverurie, AB51 5NB

Tel: (01467) 641 000

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

8.77 Parentline Scotland

People call for all sorts of reasons including difficult relationships with teenagers, separation and divorce, bullying, family relationships, kinship care concerns, money, postnatal depression and child abuse for example, but they also call for lots of other reasons too. There really is no problem too big or small.

We get calls from parents, grandparents, aunts, uncles, brothers, sisters, neighbours and friends who all want the same thing - to try and make things better. Many callers get in touch with us when they are at the end of their tether and feel like they can't cope anymore. Sometimes callers are embarrassed about asking for help but they soon find that just talking things through can really make a difference.

Contact

Helpline opening hours: Monday: 9am–10pm / Tuesday: 9am–10pm / Wednesday: 9am–10pm / Thursday: 9am–10pm / Friday: 9am–10pm / Saturday: 12 noon–8pm / Sunday: 12 noon–8pm

Telephone: 0800 028 2233

Email: parentlinescotland@children1st.org.uk

<http://www.children1st.org.uk>

8.78 Parent Network Scotland

Parent Network Scotland can support you to develop your own ability to bring up confident, happy and co-operative children. On our courses we work in a relaxed and friendly atmosphere. We don't judge parents and we don't tell them what to do. We offer a wide range of courses for parents of pre-5 children, children at primary school and teenagers. We pride ourselves on the exceptional quality of our courses and facilitation. All our Facilitators are parents or carers who have been trained and approved through a comprehensive facilitation training program.

Contact: Jamie Mallan, Deputy Director on

Telephone: 0141 948 0022

Email: jamie@pns.org.uk

Address: Robertson House 152 Bath Street, Glasgow, G2 4TB

Email: mail@parentnetworkscotland.org.uk

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

8.79 Parents Across Scotland

Parenting across Scotland is a partnership of charities which offers support to children and families in Scotland. Family life is full of ups and downs. Parents and families in Scotland mostly do a fantastic job but everyone struggles at times. This website brings together free support and information

- Information for parents, carers and families
- Phone lines for someone to talk to
- News, events and other resources

Parenting across Scotland's partners include:

- Aberlour Childcare Trust
- Capability Scotland
- CHILDREN 1st
- One Parent Families Scotland
- Relationships Scotland
- SMC

Scottish Adoption

Parenting across Scotland is funded by the Scottish Government.

ParentLine Scotland: 0800 028 2233

For any parent or carer who needs information, support or guidance, or simply someone to talk to.

Lone Parent Helpline: 0808 801 0323

For any single parent needing advice, including benefit calculations and help finding childcare.

Advice Service Capability Scotland: 0131 313 5510 or text phone 0131 346 2529

If you or your child has a disability, call Capability Scotland for advice and information.

The Relationship Helpline: 0808 802 2088

Support with all issues that affect your relationships.

Enquire: 0845 123 2303

Practical advice and information about education and additional support for learning in Scotland.

Families Outside: 0500 839 383

Support and information for prisoners' families.
<http://www.parentingacrossscotland.org>

8.80 Parents of Disabled Children

Families who have children and young people with special needs very often deal with similar life styles. We have all had concerns ranging from education, access to services, respite and other issues directly related to their children's needs. Parents of disabled children bring families together for friendship, to share information and to support one another.

The forum was created by parents who have children with special needs and is run by parents so we are all in this together. With us you will realise you are not alone

Parents of disabled children launched in October 2009 and we are growing day by day and are fast becoming a major support resource for all.

Information on:

- Benefit advice
- Education
- Equipment and disability aids
- Grants
- Healthcare and care needs
- Housing advice
- Members introductions
- Family life
- Bargain buys
- In the news
- Notice board etc.

Parent forum – contact through website:

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

8.81 Queen Elizabeth's Foundation for Disabled People

QEF is a leading disability charity working with people with physical and learning disabilities or acquired brain injuries to help them gain new skills and increase independence for life.

Contact

Head Office: QEF, Leatherhead Court, Woodlands Road
Leatherhead, Surrey KT22 0BN

Tel: 01372 841100

Fax: 01372 844072

<http://qef.org.uk>

8.82 QUIT

QUIT is the UK charity that helps smokers to stop and young people to never start. We have a diverse range of services including helplines and community programmes in 8 different languages. QUIT offers flexible expertise to individuals, health professionals, teachers and corporates.

Contact:

Through the website:

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

8.83 Rape and Abuse Support (RAS) Aberdeen

Rape and Abuse Support (R.A.S.) is a female voluntary organisation run by women for women. R.A.S. provide vital support and advocacy to female survivors of rape and sexual violence and challenge attitudes towards violence against women. Survivors can access information on legal and medical issues. Although primarily our work is with female survivors, we also provide information and support to families, friends and partners to enable them to support the survivor in the long term.

Rape and Abuse Support (R.A.S.) was originally formed in 1993 as Aberdeen Rape Crisis. The service was provided by a small group of volunteers who were responsible for the running of the whole organisation

Contact: Rape & Abuse Support (R.A.S.), 112 Crown Street, Aberdeen AB11 6JH

Tel Office: 01224 590932

Helpline: 01224 591342

Email: info@rasane.org.uk

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

8.84 RAPE CRISIS GRAMPIAN (R.C.G)

Rape Crisis Grampian is a voluntary organisation. Rape Crisis Grampian provides vital support and advocacy to any survivor of rape and sexual violence and challenge attitudes towards violence against women. Survivors can access information on legal processes. Although primarily our work is with female survivors, we also provide information and support to families, friends and partners to enable them to support the survivor in the long term.

Rape Crisis Grampian, was originally formed in 1993 as Aberdeen Rape Crisis. The service was provided by a small group of volunteers who were responsible for the running of the whole organisation

Contact: Rape Crisis Grampian, 112 Crown Street, Aberdeen AB11 6JH
Tel Office: 01224 590932
Email: info@rapecrisisgrampian.co.uk
<http://www.rapecrisisgrampian.co.uk>

8.85 Rathbone

Rathbone is a charity working in Scotland, England, Wales and Northern Ireland, giving young people who are experiencing significant disadvantages the right opportunities to learn and to achieve. We do this through our 50+ centres and projects where we support over 17,000 young people and young adults every year.

Rathbone Central Support

4th Floor, Wellington House
39-41 Piccadilly, Manchester, M1 1LQ
Tel: 0161 233 8300
Free phone: 0800 731 5321

Scotland: For local offices contact

Glasgow: Rathbone, 3rd Floor Centrum Building, 38 Queen St,

Glasgow, G1 3DX.

Tel: 0141 229 6300

Edinburgh: Rathbone, 15 Blair Street, Edinburgh EH1 1QR

Email us - external.communication@rathboneuk.org

Call us - 0131 228 8464

Dundee: Rathbone, Lower Ground Floor, Dewar House, 6-8 Staffa Place
Dundee DD2 3SX

Email us - norma.taylor@rathboneuk.org

Call us – 01382 828959

<http://www.rathboneuk.org>

8.86 Refuge (for Women and Children against domestic violence)

Refuge has a network of safe houses providing emergency accommodation for women and children when they are most in need.

Living with other families may be a challenge, but the other women present in the refuge are in a position to help and support as they have a shared understanding.

Specialist refuges

Some of the refuges are specifically for women from particular ethnic or cultural backgrounds, such as [as African, African Caribbean](#), and South Asian women.

Outreach services

Outreach services work with abused women in their homes or when they move from a refuge into a new community.

Contact

Helpline: 0808 2000 247

Freephone 24 hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge

Refuge general administrative enquiries: Telephone: 020 7395 7700

Email: info@refuge.org.uk

<http://refuge.org.uk>

8.87 RELATIONSHIPS SCOTLAND: AVENUE – a new direction

AVENUE is the leading provider of Mediation, Counselling and Child Contact in Northeast Scotland.

AVENUE has been helping families work towards a brighter future for almost seven decades.

We have gone through many changes before branding to AVENUE in 2011. Originally two separate charities; Family Conciliation and Marriage Counselling were established to help children, couples and families. Over the last 70 years, we have expanded our expertise to respond to the challenges of 21st century living. We know that families now come in all shapes and sizes, but still at the heart of this organisation is our desire to help as many of you as we can.

Our success is based on:

- sound knowledge of what works and what doesn't
- being experts in listening without judgement
- offering empathy, whatever your situation
- helping you find the best way forward

AVENUE is a member of [Relationships Scotland](#).

Contact:

AVENUE – Aberdeen Office

Address: Alliance House, 493 Union Street, Aberdeen, AB10 1RX

Telephone: 01224 587571

Email: aberdeen@avenue-info.com

Website: <http://www.avenue-info.com>

Opening times: Mon, Tuesday & Wednesday 9am – 8pm, Thurs 9am-4.30pm, Friday 9am-1pm.

AVENUE – Elgin Office

Address: 17 Institution Road, Elgin, IV30 1QT

Telephone: 01343 540 801

Email: elgin@avenue-info.com

Opening times: Mon 9am-12noon and 12.30pm-5pm, Tues 9am-10am and 5pm-8pm, Wed closed, Thurs 9am-1pm, Friday 9am-12noon and 12.30pm-4pm

AVENUE – Peterhead Office

Address: Marischal Chambers, 8 Drummers Corner, Peterhead, AB42 1ZP

Telephone: 01779 490 790

Email: peterhead@avenue-info.com

Opening times: Mon closed, Tues to Friday 9am-1pm

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

8.88 Repetitive Strain Injury Action

RSI Action... is the national RSI (Repetitive Strain Injury) charity

Our objects are:

- to facilitate the prevention of the conditions known collectively as Repetitive Strain Injuries (RSI) in the UK.
- To facilitate the relief of sickness, hardship and distress amongst those suffering within the UK from RSI conditions.

Action has recognised it has significant tasks ahead, and will develop projects and activities to address them. This list is not exhaustive; it will be reviewed and will no doubt increase.

- To raise awareness of RSI conditions and the consequences
- To significantly reduce RSI risks in the workplace
- To significantly reduce RSI risks for students, and in the home
- To ensure that society understands the physical, social and economic problems resulting from RSI

Contact

Email: info@rsiaction.org.uk

Address: RSI Action, 19 Station Road, Steeple Morden, Royston, Hertfordshire, SG8 0NW.

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

8.89 Reunite - International Child Abduction Centre

Reunite started life in 1987, a parent support network formed by parents all trying to navigate their way through the legal minefield of international parental child abduction. We registered as a charity in 1990 and over the years evolved and developed into an information and resource centre. In 1999 we changed our name to Reunite International Child Abduction Centre and are now recognised as the leading UK charity specialising in international parental child abduction and the movement of children across international borders. We operate the only telephone advice line in the UK offering practical, impartial advice, information and support to parents, family members, and guardians who have had their child abducted, as well as parents and guardians who may have abducted their child. We also provide advice, information and support to parents who fear their child may be at risk of abduction and assist and advise in international contact issues and cases of 'permission to remove'.

Contact

Reunite International Child Abduction Centre
 PO Box 7124, Leicester LE1 7XX
 Advice Line: 0116 2556 234
 Telephone: 0116 2555 345
 Fax: 0116 2556 370
 Email: reunite@dircon.co.uk
<http://www.reunite.org>

8.90 Richmondhill House (VSA), Child and Family Assessment Services

VSA's Richmondhill House offers independent residential and community based support and assessments for children aged 0-5 years and their families. Both residential and outreach support is offered to families where child protection and/or child care issues have been identified. Based in Aberdeen and only 20 minutes' walk to the city centre, Richmondhill House comprises bed-sit accommodation for families within the residential units as well as communal play, kitchen and sitting areas and outdoor purpose built play areas for children up to 5 years old. The overall aim of this child centred service is to provide an assessment of parenting ability, capacity and risk where improving outcomes for children is the main focus. Parents are offered a supportive and nurturing environment in which they can build their knowledge in relation to childcare skills and child development.

Contact

Referrals through Social Work
 Address: 18 Richmondhill Place, Aberdeen AB15 5EP
 Tel: 01224 634158

Address: VSA, 38 Castle Street, Aberdeen AB11 5YU
 Tel: 01224 212021
 Fax: 01224 580722
 Email: info@vsa.org.uk

<https://www.vsa.org.uk/vsa/children-and-young-people/richmondhill-house.html>

8.91 Road Peace

RoadPeace is the national charity for road crash victims and is an independently funded, membership organisation. Members include those who have been bereaved or injured in road crashes and also those who are concerned about road danger.

Roadpeace is a member of the European Federation of Road Traffic Victims (FEVR), which has UN Consultative Status.

Contact

Helpline: 0845 4500 355 - open 9am - 5pm on Monday to Friday

Email: helpline@roadpeace.org

Office: 020 7733 1603

Email: info@roadpeace.org

Address: Shakespeare Business Centre, 245a Coldharbour Lane, Brixton,

London, SW9 8RR

<http://www.roadpeace.org>

8.92 Royal Voluntary Service

Royal Voluntary Service (formerly WRVS) provides time and support to older people through the power of volunteering, so older people get more out of life and are able to remain independent for longer. The service aims to reduce social exclusion and loneliness amongst older people in local communities and to support those older people whose mobility may be restricted for a variety of reasons.

Our Services:

Transport - RVS can provide transport for shopping and social outings, medical appointments (hospital, GP, clinics), attending day centres and lunch clubs, visiting friends and relatives at home or hospital

Good Neighbours Service – RVS can provide help with tasks such as companionship, keeping you company as you visit people in hospital or residential care, prescription collection, assistance with shopping, letter writing/reading

How much does it cost? To cover the volunteers' expenses a mileage charge of £4.00 for the first 3 miles then 60p per mile thereafter is requested.

For information on how you can access our services or if you would like to become a Volunteer please contact our office.

Contact

Tel: 01467 626012 (Monday to Friday, 9:00am to 2:30pm)

Address: Royal Voluntary Service Aberdeenshire 2 David's Lane, Inverurie, Aberdeenshire AB51 3ZB,

Email: aberdeenshirehub@royalvoluntaryservice.org.uk,
www.royalvoluntaryservice.org.uk

Aberdeenshire Hub

ROYAL VOLUNTARY SERVICE

2 Davids Lane, INVERURIE AB51 3ZB

Telephone: 01467 626012

Email:
aberdeenshirehub@royalvoluntaryservice.org.uk

Web: www.royalvoluntaryservice.org.uk

8.93 Samaritans Aberdeen

Samaritans aims to benefit society by improving people's emotional health in order to create a greater sense of wellbeing. Apart from being a 24-hour source of support on the telephone, by email, by letter or face to face, we also work in the local community, visiting:

Schools - Schools are an ideal setting to reach large numbers of young people from a range of backgrounds. Samaritans DEAL programme is a flexible series of resources for teachers to use in a number of different subjects.

Prisons - Samaritans offers a number of ways for prisoners to get the support they need, from volunteers visiting prisons to the Listener scheme, which trains prisoners to offer confidential emotional support to their fellow inmates.

Workplaces - Samaritans Workplace team trains staff from external organisations (in the UK and Republic of Ireland) in our simple and effective tools and techniques to equip employees with the skills and confidence they need to handle emotional situations effectively, sensitively and professionally.

Contact

Phone Calls: In the UK dial 08457 90 90 90.

Text phones (for the deaf and hard of hearing): in the UK dial 08457 90 91 92

Email: jo@samaritans.org

Local address: 60 Dee Street, Aberdeen, AB11 6DS

Phone: (01224) 574488

Facilities for visitors with disabilities: Limited access for wheelchair users

Usual hours open to receive callers at the door: 9am - 10pm

<http://www.samaritans.org/aberdeen>

8.94 Sands (Stillbirth and Neonatal Death Society)

We are so sorry that your baby has died. At Sands, we offer bereavement support and information to anyone affected by the death of a baby before, during or shortly after birth. We recognise how devastating it is when a baby dies as many of us have been through the experience ourselves and we want to offer support in a way that feels right for you.

You can **find out more about your local support group in Aberdeen** by contacting them on **0870 760 6649** or help@aberdeen-sands.org

Website: <http://www.aberdeen-sands.org/>

The National Helpline is also available for anyone who has been affected by the death of a baby and wants to talk to someone about their experience. The loss may have been very recent, or may have happened many years ago. We support bereaved parents, family, friends and healthcare professionals.

Contact

Sands National Helpline: **0808 164 3332** or email helpline@sands.org.uk

Opening hours: 9.30-5.30 Monday to Friday and 6-10pm Tuesday and Thursday

Sands Head Office Telephone: **020 7436 7940**

Website: www.sands.org.uk (For bereavement support resources, information and training for healthcare professionals)

Online Support Forum: www.sandsforum.org

Aberdeen SANDS: (Stillbirth and Neonatal Death Society)

Aberdeen SANDS is one of more than 150 self-help support groups which exist nationwide. Support is provided by letter, telephone or by 1-1 contact with a SANDS befriender who has direct experience of losing a baby. The Aberdeen group is run by a committee of bereaved parents - we have no office and are funded through our own efforts to raise money and donations. A quarterly newsletter is produced by Aberdeen SANDS which details group news and gives dates and venues of forthcoming meetings.

We hold monthly support meetings which are very informal on the first Thursday of the month.

We hold Pregnancy after a loss meetings on the third Wednesday of the month.

Aberdeen SANDS covers South Aberdeen including Portlethen, Stonehaven, West Aberdeen i.e. Braemar, Ballater, Aboyne, Banchory Westhill, Alford, North Aberdeen Inverurie, Insch and Oldmeldrum areas, as well as Aberdeen city. BANFF AND BUCHAN SANDS covers the North EAST Peterhead Banff MacDuff and Fraserburgh areas.

Contact

Aberdeen Sands

Helpline: 0870 760 6649

Email: Help@Aberdeensands.Com

Facebook Page For Fundraising And Awareness Event Only

Address: Po Box 12113, Aberdeen, Ab16 9dx

Website www.aberdeensands.com

8.95 Save the Children Scotland

One in five children in Scotland live in poverty. Children living in severe poverty simply don't have enough money to pay for essential items. This can mean having to choose between a hot meal and a warm home, or between a winter coat and a decent pair of shoes. That's unacceptable.

The Families and Schools Together programme is an award-winning programme which supports parents to improve their children's learning and development at home, so they can reach their full potential at school. An eight-week FAST programme piloted at a school in West Dunbartonshire will now be expanded following its success.

Eat, Sleep, Learn, Play (ESLP) is a grants programme for families in need.

We provide material grants and a benefits entitlement check for families on a low income who have had a child in the last 36 months.

Policy and Research: We also carry out research to help us better understand how poverty affects children and their families, and what needs to change so that we can end it in Scotland for good.

Contact

For more information about our work in Scotland, please contact:

Telephone: 0131 527 8200

Email: infoscotland@savethechildren.org.uk

<https://www.savethechildren.org.uk/what-we-do/uk-work/scotland>

8.96 SCARD

SCARD help to relieve distress amongst people who have lost a loved one, been injured or affected by drunk or reckless driving. We do this by providing emotional and practical support through a telephone help-line, support groups, personal support system and offering free counselling at our offices.

SCARD also works closely with their sister charity CADD (Campaign against Drink Driving) to build awareness of the dangers on our roads and campaign for changes to the current legislations relating to incidents.

Contact:

Our Office Address: S.C.A.R.D, Floor 1, 16 Market Street, Brighouse
West Yorkshire, HD6 1AP

SCARD Office: 01484 723649

SCARD Help Line: 0845 1235542

Email: info@scard.org.uk

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

8.97 SCILL Aberdeenshire

SCILL informs and supports parents and professionals, across Aberdeenshire, who care for children with additional support needs (ASN) and organises ASN activities for children who find it difficult to access out of school activities their peers take for granted, currently dance classes and one to one swimming lessons, run by our dedicated volunteers. Our aim is to support parents/guardians as they seek to help their children achieve the best possible educational, social and personal outcomes.

We also host regular support sessions, often themed with a speaker where parents/professionals can come together for mutual support in discussion groups, while also accessing our extensive library. We occasionally hold larger events on a specific ASN theme for around 100 people. Our website is regularly updated and we issue a termly newsletter and regular email updates to our members. Membership is free and open to all.

Contact:

Helpdesk: 07913 326816

<http://www.scill-deesiaberdeenshire.org.uk>

admin@scill-aberdeenshire.org.uk

8.98 Scottish Care and Information on Miscarriage

SCIM is a national charity which provides information, counselling, stress management and support for women who have suffered miscarriage, either face-to-face or by telephone. Out of hours appointments by telephone can be arranged. We also assist with: stillbirth, neonatal death, infertility, depression following loss.

We offer supervision for individuals/groups and specialized counselling skills training

Contact: Scottish Care and Information on Miscarriage

285 High Street, Glasgow G4 0QS

Tel 0141 552 5070

Email: info@miscarriagesupport.org.uk

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

8.99 Scottish Child Law Centre

Free legal advice for and about children and young people - we can help you with any questions about Scots law relating to children and young people. We are the only Law Centre in Scotland that works exclusively for children and young people. We provide services throughout the whole of Scotland.

We help children and young people, their families and carers, and professionals working for and with children by providing free expert legal advice and information through our advice line, email and text services.

We also provide a wide range of training on the law and children's rights to groups and individuals across Scotland, and offer a range of leaflets and publications on various legal issues. We do visits to schools and young people's organisations as well.

Contact

Address: Scottish Child Law Centre, 54 East Crosscauseway,
Edinburgh, EH8 9HD

Advice Line: 0131 667 6333

Administration Line: 0131 668 4400

E-mail: enquiries@sclc.org.uk

Freephone for Under 21's from Landlines: 0800 328 8970

Mobiles: 0300 330 1421

8.100 Scottish women's Aid

Our vision

We believe that a world without domestic abuse is not just a dream, it is a possibility. Never doubt it – changing attitudes changes lives.

Our mission

Scottish Women's Aid works to end violence against women by tackling its root cause, which is gender inequality. We do this by:

- Promoting women's equality and children's rights.
- Campaigning for responses which actively prevent violence against women.
- Working to ensure that services are available to women, young people and children with experience of domestic abuse.
- Providing services and advice to our members.

If you or your children are in danger and you need urgent help phone:
Your nearest Women's Aid group.

The **domestic abuse helpline**: 0800 027 1234 (24 hours).

The **police** – you will get the number in your phone book (under P), or if you are in immediate danger phone 999.

No one deserves to be abused. No one should have to put up with abuse. There is support for anyone who needs help. Women and children who are affected by domestic abuse have rights under the law. There are local Women's Aid groups all over Scotland. You can phone or visit them. You don't need an appointment but it's best to phone first to check when they are open. If your partner is abusive, you can get support from Women's Aid. You can get support whether or not you are living with your partner.

All Women's Aid groups can:

- Help you find ways to keep yourself and your children as safe as possible.
- Give you confidential information and support.
- Tell you about your rights to legal protection, housing and money.
- Provide a safe place to stay in a refuge (if available) or in local authority emergency accommodation. This can be in your local area or elsewhere.
- Put you in touch with other services which can help.

Our opening hours are Monday to Friday 9am to 5pm.

Contact: Scottish Women's Aid

2nd Floor, 132 Rose Street, Edinburgh EH2 3JD

Tel: 0131 226 6606

Fax: 0131 226 2996

Email: info@scottishwomensaid.org.uk

Grampian Women's Aid

Address: 25, Greenfern Road, Aberdeen AB16 6TS

Phone 01224 593 381

Contact through the website

Email info@grampian-womens-aid.com

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

8.101 SensationALL

SensationALL charity specialise in providing a wide range of subsidised support services for children, young adults with multiple support needs or disabilities in their families.

- Regular Pre-school parent support sessions for children with Multiple Support Needs (MSN)
- Informal "Stay & Play" sessions where families can meet up with others in similar circumstances, with an experienced Occupational Therapist on hand, in appropriately equipped facilities.
- "Tea and Tips" - is for parents/carers to come for an informal chat with one of our experienced specialists who can offer practical advice on day to day challenges due to their child's condition, or share ideas on resources or links to other suitable sources of information or services.
- Pre-School Parent and SENSE Support group- jointly run play and support sessions for toddlers with MSN or communication issues.

- "CHILL Out" - A bespoke 8 week programme aimed at empowering children aged between 7-12 who have ASD, ADHD, Anxiety or Moderate LD and are experiencing emotional and/or behavioural regulation difficulties.
- SensationALL Singers- our inclusive community choir where people of all ages and abilities come together for fun, socialising and singing that is led by choir members' choices and specialists are on hand to support those with disabilities or communication difficulties. This is free, open to anyone and welcomes the whole family
- Hire of the sensory resources/facility at Lawsondale to individual families or small groups along with the use of the small soft-play space at Lawsondale sports Pavilion.
- A range of specialist sessions throughout the year including during holiday periods, such as Music Therapy, Music and Movement sessions run by OTs, Art and Drumming activity sessions and outdoor games and leisure activities.
- We deliver regular MSN themed workshops for parents, carers, professionals and volunteers throughout the year, based on the topics commonly requested by parents and these will have a very practical, proactive approach to helping manage the issues that can challenge those caring for someone with MSN. We also purchase the services of professional experts for our training workshops when necessary.

Training workshops are also delivered as in-service training to schools, nurseries, parent groups and other relevant organisations as our charity's key focus is very much around empowerment through increased understanding.

Contact:

Telephone: 01224 745699

Address: Westhill, Aberdeenshire

Email: info@SensationALL.org.uk

8.102 Shakti Women's Aid

Shakti Women's Aid is an organisation based in Edinburgh, working since 1986 to offer support, advocacy and information to all Black Minority Ethnic women, children and young people experiencing and/or fleeing domestic abuse from:

- partners / husbands
- ex-partners
- other family members.

We have additional Outreach workers are based in Fife, Dundee, and Forth Valley

Edinburgh: [0131 475 2399](tel:01314752399)

Fife: [01383 431 243](tel:01383431243)

Stirling: [01786 464 004](tel:01786464004)

Dundee: [01382 207 095](tel:01382207095)

Contact

Telephone 0131 475 2399.

Shakti Women's Aid | Norton Park | 57 Albion Road, Edinburgh | EH7 5QY |

Email: info@shaktiedinburgh.co.uk

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

8.103 Shelter Scotland

If you have a housing problem or are homeless, Shelter

Scotland can offer free advice on:

- Your housing rights
- Rent or mortgage
- arrears
- Homelessness
- Problems with your landlord
- Dampness and disrepair
- Eviction or repossession
- Housing benefit

Contact

For housing help and advice

Contact Shelter Scotland's free housing advice helpline on 0808 800 4444 (calls are free from UK landlines and main mobile networks)

Visit the [Get Advice section](#) of this website for help online.

You can also get advice by using our web chat service accessible via this link:

http://scotland.shelter.org.uk/about_us/contact_us

Get supporter information

Telephone our Supporter Helpdesk on 0300 330 1234 from Monday - Friday 9am-6pm excluding UK bank holidays. Please note we can't give housing advice on this number (Calling this number will cost you less than a local rate call).

Email info@shelter.org.uk.

Main Switchboard

0344 515 2000 (9am-6pm Mon-Fri, excluding UK bank holidays)

Please note we cannot give housing advice on this number

Address: Shelter Scotland, 4th floor, Scotiabank House, 6 South Charlotte Street, Edinburgh, EH2 4AW

Shelter Head Office: 88 Old Street, London, EC1V 9HU

<http://www.shelterscotland.org>

8.104 Sibs

Sibs is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care. There are over half a million young siblings and 1.7 million adult siblings in the UK.

We support siblings of all ages who are growing up with or who have grown up with a brother or sister with any disability, long term chronic illness, or life limiting condition.

Sibs' long term vision is that every local authority in the UK will have a dedicated sibling service for young siblings and a support network for adult siblings. We will achieve this through:

Being the UK resource for information, training and research on sibling issues

Influencing the policies of government and other service providers

Increasing public awareness of siblings

Contact

By phone: 01535 645453

By email: info@sibs.org.uk

By post: Meadowfield, Oxenhope, West Yorkshire, BD22 9JD

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

8.105 Single Parent Action Network (SPAN)

SPAN closed in 2016 after over 25 years of supporting single parents locally, nationally and occasionally internationally too. The website is still well visited and continues to provide lots of information on aspects of raising children alone. It is written by a dedicated team of both professional and volunteering single parents who understand the reality of parenting alone.

Contact

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

8.106 Sleep Scotland

Sleep Scotland is a charity promoting healthy sleep in children and young adults through education, sleep counselling and sleep awareness. We provide support and training to families and professionals, and raise awareness of the importance of sleep.

Contact

Support-line, Monday – Friday 9.30am - 5.00pm

Phone line - 0131 651 1392

Fax - 0131 651 1391

Address: Sleep Scotland, 8 Hope Park Square, Edinburgh EH8 9NW

<http://www.sleepscotland.org>

8.107 SADS UK (Sudden Arrhythmic Death Syndrome)

- Preventing loss of life from SADS, Sudden Death
- Highlighting cardiac risk in the young through to middle age
- Funding lifesaving equipment
- Supporting research into SADS

The cardiac charity SADS UK aims to save lives, providing information, funding research and medical equipment to prevent premature sudden cardiac death. Working in the areas of Research, Prevention and Emergency Care lives have been saved as a direct result of the work of SADS UK.

SADS UK highlights the fact that young people and even children can be affected by potentially fatal cardiac conditions

SADS UK empowers medical establishments and organisations by providing information and cardiac equipment including:-

- Heart monitors to identify abnormalities of the heart rhythm to medical establishments.
- Defibrillators to schools, sports clubs, etc., to restart the heart in an emergency situation and sustain life until the ambulance arrives.
- SADS UK promotes teaching of 'The Warning Signs' by medical and first aid training schools and distributes these to youth organisations and widely in the community to help identify people at risk so that they may be treated.

SADS information and support

- Providing information and supporting individuals and families affected by cardiac conditions or a sudden cardiac death is a very important part of the work of the charity. The charity has:-
- BACP qualified counsellors with experience of SADS.
- Support contacts in different parts of the country offer support to people affected.
- Young people's newsletter and friendship support for 10 years and above
- Short breaks for individuals and families living with cardiac conditions
- Get-together 'Retreats' for people who have been bereaved through a sudden cardiac death

Contact:

Tel: 01277 811215

Email: info@sadsuk.org

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

8.108 Salvation Army (North of Scotland Division)

The Salvation Army is an international Christian church and registered charity working in 125 countries worldwide and is one of the largest, most diverse providers of social welfare in the world.

We extend a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. Our corps and community centres offer a range of activities and services within local communities offering very practical help to people of all ages, backgrounds and needs.

For more information and to find out what support is available locally

Contact

Deer Road Woodside, Aberdeen, AB24 2BL

Email address: northscotland@salvationarmy.org.uk

Phone: [01224 496002](tel:01224496002)

Regional Website: <http://www.salvationarmy.org.uk/nsc>

8.109 Salvation Army Family Tracing Service

No other people-finding agency in the UK reunites as many families

We of course can give no guarantee of success in every search we undertake, although every effort will be made to trace the person during our enquiries. Of the enquiries accepted our success rate has been 89% resulting in more than 10 people being reunited every single working day.

The Family Tracing Service exists to restore and sustain family relationships by tracing relatives who have lost contact with each other, either recently or in the past. A dedicated team of caseworkers handle more than 2500 new enquiries each year, with searches taking from as little as two hours to more than two years.

The key aims are to:

- Journey with you and offer support throughout the process of searching family, regardless of the outcome, providing a service that is professional, compassionate and non-judgemental.
- Exhaust all relevant avenues of search providing services to any family.
- Support you in reunion or first contact with your family, offering mediation/reconciliation services if requested.

The key objectives are:

- To relieve the anxiety of enquirers, by assuring them of our concern, and the full support of our service
 - To trace relatives, in order to advise them of the enquiry
 - To open a line of communication between enquirer and enquiree
 - To act as intermediaries until such time as trust is established between the parties
 - Where appropriate, to seek to resolve the difficulties which brought about the break in relationship
-

Contact

Make an application online or call 0845 634 4747 (charged at local rate).

Address: The Salvation Army Family Tracing Service, 101 Newington Causeway, London SE1 6BN

Telephone: (020) 7367 4500

To find your local corps please look online

Email familytracing@salvationarmy.org.uk

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

8.110 Scottish Care and Information on Miscarriage

SCIM is a national charity which provides information, counseling, stress management and support for women who have suffered miscarriage, either face-to-face or by telephone. Out of hours appointments by telephone can be arranged. We also assist with: stillbirth, neonatal death, infertility, depression following loss.

We offer supervision for individuals/groups and specialized counseling skills training

Contact

Address: 285 High Street, Glasgow G4 0QS

Main contact: Managing Counsellor Maureen Sharkey

Tel 0141 552 5070

Email: miscarriagescotland@hotmail.com

Opening times:

Monday - Friday 9.30 to 16.00

www.miscarriagesupport.org.uk

8.111 The Multiple Births Foundation

The Multiple Births Foundation (MBF) offers professional advice, education and support to parents and carers of twins, triplets and more, and to the professionals who care for them.

Families and professionals who would like to speak to one of our team of specialist healthcare professionals are welcome to contact us by phone or email.

The Multiple Births Foundation holds regular prenatal meetings in London for parents and grandparents expecting a multiple birth. Healthcare and other professionals are also welcome to attend. Details can be found on our website.

The MBF also provides specialist training for professionals working with multiple birth families. If you are interested please contact us.

Contact: The Multiple Births Foundation

Level 4 Hammersmith House, Queen Charlotte's & Chelsea Hospital

Du Cane Road, London W12 OHS

Telephone: 020 3313 3519 / 020 8383 3519

E-mail: online from the website

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

8.112 The Spark (formerly Scottish Marriage Care)

We are The Spark and we help make relationships work. Our services provide you with the support you need – whatever your relationship, whenever you need it, and wherever you are in Scotland. Talk to us online, over the phone, or face-to-face in your local area.

We help

- Couples and individuals
- Parents and families
- Children and young people

Our Services

[Relationship Helpline](#)

[Relationship Counselling](#)

[FOCCUS: Marriage](#)

[FOCCUS: Living Together](#)

[The Spark in Schools](#)

Contact Us

Write: 72 Waterloo Street, Glasgow, G2 7DA

Call: 0141 222 2166

To make an appointment at your nearest regional centre please call us on 0845 271 2711 or use our [booking form](#).

Aberdeen

27 Huntly Street, Aberdeen, AB10 1TJ

For general enquiries and emails refer to website

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

8.113 Twins and Multiple Births Association (TAMBA)

Tamba is the only UK-wide charity working to improve the lives of twins, triplets or more, and their families. We do this through successful campaigning

to improve health and developmental outcomes; funding clinical research to reduce the risks faced before, during and after birth; and by providing practical support for all families, including those in crisis.

Register now to order a free hard copy or download any of these: Healthy Multiple Pregnancy Guide, Multiple Births - A Parents' Guide to Neonatal Care, Breastfeeding More than one factsheet and Twin to Twin Transfusion Syndrome.

When you register you will be able to view the access a range of resources for free and are you'll also receive our FREE monthly e-newsletter, Tamba Talk. If you are expecting more than one, you can prepare for the arrival of your babies by booking to go on one of our courses.

Contact us: MANOR HOUSE, CHURCH HILL, ALDERSHOT, HANTS GU12 4JU

TEL: 01252 332 344

EMAIL: ENQUIRIES@TAMBA.ORG.UK

To contact our Scottish representative

E-mail: helenpeck@tamba.org.uk

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

8.114 Victim Support Scotland

Victim Support offers support to any person who has been affected by crime. Specialist support is offered to victims of domestic abuse, sexual abuse and anyone who has lost a friend or relative through murder. Victim Support Scotland was established in 1985.

- ☐ Information and Advice
- ☐ Advocacy on behalf of a victim and witness
- ☐ Emotional support

Contact

Address: Victim Support **Aberdeen**, and Victim Support **Aberdeenshire** 41 Regent Quay, Aberdeen AB11 5BE

Phone: 01224 622478

Email: victimsupport.aberdeen@victimsupportsco.org.uk

Individual Contacts: Assistant Service delivery officer: Alison Longmuir

Aberdeenshire

Email: victimsupport.aberdeenshire@victimsupportsco.org.uk

Individual Contacts: Service Delivery Officer: Joan Lillie

Core Hours for both Services: Monday – Thursday 9.00am - 3pm

Additional Addresses: Victim Support Scotland, 15/23 Hardwell Close
Edinburgh EH8 9RX

Tel: 0131 668 4486

Website: <http://www.victimssupportsco.org.uk>

8.115 VSA Family Support Project

VSA's Family Support Project is a volunteer scheme for lone parents in Aberdeen.

The Family Support Co-ordinator will meet to discuss details of what is wanted in confidence with the family. A volunteer is introduced to the family and if all are agreeable, starter sessions are arranged. Once the match details are agreed, the volunteer spends regular time with the family on a weekly or fortnightly basis. The match may take a few weeks or several months, depending on availability of volunteers and needs of the family. We keep in touch during the waiting time to ensure the family continues to feel supported.

The Project provides trustworthy adults who wish to share some of their time and energy with a family who require additional support. Our service is flexible and matching a volunteer with a family, takes into account:

- Availability (days and times)
- Area of the city
- Preferences, hobbies and interests

All of VSA's volunteers are formally recruited, screened and are subject to appropriate background checks.

Contact:

Address: 38 Castle Street Aberdeen Scotland AB11 5YU

Tel: 01221 212021

Email: info@vsa.org.uk

Website: <http://www.vsa.org.uk/>

8.116 Widowed and Young

WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.

WAY was founded in 1997 and now has more than 2,600 members across England, Wales, Scotland and Northern Ireland. WAY aims to provide peer-to-peer emotional and practical support to young widowed men and women – married or not, with or without children, whatever their sexual orientation – as they adjust to life after the death of their partner.

Contact

Email: enquiries@widowedandyoung.org.uk

Address:

WAY Widowed and Young
Suite 14, College Business Centre
Uttoxeter New Road
Derby DE22 3WZ

www.widowedandyoung.org.uk

8.117 War Widows Association GB

The War Widows Association is essentially a pressure group and exists to improve the conditions of War Widows and their dependants in Great Britain. Its work encompasses those who have suffered bereavement as a result of World War II and all conflicts since then including Iraq and Afghanistan. The WWA also represents those who have suffered the loss of their partner and in peacetime, when the death was attributable to their service life.

It works with all government departments, petitioning for improvement in pensions, the administration of benefits and other issues affecting War Widows. It represents War Widows at national events of remembrance and it maintains close links with all ex-Service organizations and the Service widows' associations.

Contact: The War Widows' Association of Great Britain

c/o 199 Borough High Street, London SE1 1AA

Telephone: 0845 2412 189

Email: info@warwidows.org.uk

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

8.118 Whizz Kidz

Whizz-Kidz is a national charity that provides disabled children with the essential wheelchairs and other mobility equipment they need to lead fun and active childhoods. Whizz-Kidz can help advise you what your disabled child is entitled to, how they can get the right wheelchair, and what training is available to them. They can also help provide a broad range of mobility equipment not available from the NHS or Social or Education Services. But this isn't all they do. As well as equipment, Whizz-Kidz has a whole programme of events.

Maybe the most exciting are the 'Ambassador Clubs' where young people can part in really fun activities and learn about doing things for themselves. They are also 'parent free zones'! One of the main aims is for older members to become leaders and mentors and eventually run the clubs themselves assisted by volunteers and Whizz-Kidz staff. Aberdeenshire Council Support Directory – General Support 157

We've got clubs in Dundee, Glasgow, and Edinburgh. Each one meets once a month and be based on a key theme like healthy living, creativity or leadership. The clubs are free to attend and Whizz-Kidz also provides care support and transport. So if you are aged 10 – 25 then you should definitely get in touch!

Contact: Heather Robertson

Address: Whizz-Kidz, 4th floor, Portland House, Bressenden Place, London, SW1E 5BH.

Telephone: 07867 421 441

Email: h.robertson@whizz-kidz.org.uk

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

8.119 Working families

Working Families: Changing the way we live and work

Working Families is the UK's leading work-life balance organisation. The charity helps working parents and carers and their employers find a better balance between responsibilities at home and work.

Our free Legal Helpline gives parents and carers advice on employment rights such as maternity and paternity leave, rights to time off in an emergency, and parental leave, as well as helping them to negotiate the flexible hours they want. We can also give basic advice on the benefits and tax credits that working parents can claim. We also give advice on maternity discrimination and pregnancy discrimination. Our ground breaking research and campaigns seek to change the way we live and work. To that end, we also work with employers to support them in creating workplaces which encourage work-life balance for everyone.

By operating in the real world of pragmatic advice and practical solutions, we are making our vision a reality

Contact: Working Families

Working Families, Cambridge House, 1 Addington Square, London, SE5 0HF

Tel: 020 7253 7243

Legal advice for parents & carers: 0300 012 0312* or

email: advice@workingfamilies.org.uk

* Our helpline number is an 0300 number and costs the same as a national call, but should be included in any free minutes you have with your mobile phone provider.

Administrative queries 020 7253 7243

Email: office@workingfamilies.org.uk.

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

8.120 Young Carers

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Carers may even be juggling paid work with their unpaid caring responsibilities at home. The term carer should not be confused with a care worker, or care assistant, who receives payment for looking after someone.

If you are a carer, your local Carers' Centre may be able to help make things easier for you. Each centre delivers a wide range of local support services to meet the needs of carers in its community. These range from support services catered to the carer, the needs of the person you care for and the services your council may provide.

Carers have different needs and centres can assist you in information regarding health issues, entitlements, mobility, grants for holidays, equipment and support.

Contact: Scotland office:

Skypark 3, Suite I/2, 14/18 Elliott Place, Glasgow G3 8EP

Tel: 0300 123 2008

Email: support@carers.org

<http://www.carers.org/local-service/aberdeen-young-carers>

8.121 Zero Tolerance

Zero Tolerance is a charity working to tackle the causes of men's violence against women. Too many women in Scotland, and around the world, experience violence from men – most often men they are close to and/or who are in a position of power over them. We believe that men's violence against women is caused by gender inequality, and that it helps this inequality to continue.

It doesn't have to be this way. We work with individuals, communities, women's organisations, schools, the media and others to address the causes of violence against women, and bring about change.

Contact: Conference House, 152 Morrison Street, The Exchange
Edinburgh EH3 8EB

Telephone: 0131 248 2410

Email: info@zerotolerance.org.uk

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

9 HEALTH

General

9.1 Aberdeen Counselling and Information Services (ACIS)

Provides and information resource to both professionals and the general public on mental health and related issues.

- individual and confidential counselling (adhering to the BACP Ethical Framework)
- counselling in Aberdeen City and surrounding area for people aged 18 and over
- counselling in Aberdeen City and surrounding area for young people aged 12-18
- a service for anyone affected by emotional or mental distress
- a free service but, being a charity, the organisation relies heavily on donations, which are gratefully received
- in-house training for prospective volunteer counsellors

Contact us for further information:

Telephone: 01224 573892 to arrange an initial meeting - Monday (12.30pm-8.30pm), Tuesday, Wednesday, Thursday (9am-8.30pm), and Friday (9am-4.30pm).

Address: ACIS, 1 Alford Place, Aberdeen, AB10 1YD

9.2 Association for Post-Natal Illness

Nationwide organisation for women who have suffered from or currently suffering from post-natal illness

Provide support to mothers suffering from post-natal illness

Increase public awareness of the illness

To encourage research into its cause and nature

Contact

Address: 145 Dawes Road, Fulham, London, UK, SW6 7EB.

Telephone: 0207 386 0868.

Our office hours are: - Monday to Friday - 10.00 a.m. - 2.00 p.m.

Email: info@apni.org

<http://www.apni.org>

9.3 Cardiac Risk in the Young (C-R-Y)

Sudden Death Syndrome (SDS) is an umbrella term used for the many different causes of cardiac arrest in young people. CRY provides medical information on the most common causes of unexpected sudden cardiac death sometimes referred to as SADS in the young (under 35)

CRY provides medical information on the following conditions:

- Hypertrophic Cardiomyopathy (HCM)
- Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)
- Dilated Cardiomyopathy (DCM)
- Restrictive Cardiomyopathy (RCM)
- Myocarditis
- Coronary Artery Disease (CAD)
- Ion Channelopathies - Long QT (inc. Jervell and Lange-Nielsen Syndrome & Romano-Ward syndrome), Brugada, Lev-Lenegre's Syndrome
- Wolff (Wolfe) Parkinson White Syndrome (WPW)
- Coronary Artery Anomalies (CAAs)
- Marfan Syndrome
- Other cardiac conditions - Endocardial Fibroelastosis (EFE), Tachycardia, Antibiotic Prophylaxis, Churg-Strauss Syndrome, Right Bundle Branch Block (RBBB), Kawasaki Disease, Patent Foramen Ovale (PFO)

Contacts

Head Office: Unit 1140B, The Axis Centre, Cleeve Road, Leatherhead
Surrey, KT22 7RD

Tel : (01737) 363222 Fax : (01737) 363444

Email: cry@c-r-y.org.uk

<http://www.c-r-y.org.uk>

9.4 Child Development Teams – Aberdeen City and Aberdeenshire

As of July 2011 NHS Grampian provides services for children with complex needs from community based multi-disciplinary teams. Referrals to be made to: Community Child Health, 3rd Floor, Royal Aberdeen Children's Hospital.

- A team based at Tullos Primary School serves the south of Aberdeen City. Child Development Team, City South:
Telephone: 01224 291870
- A team based at Bucksburn Academy covers the north of Aberdeen City. Child Development Team: City North
Telephone: 01224 710775
- A team based at Mile End Primary School covers the central area of Aberdeen City. Child Development Team: City Centre
Telephone: 01224 498139

- Gordon Child Development Team, 5 Constitution Street Inverurie.
Telephone: 01467 620732
- Banff and Buchan Child Development Team, Hillcrest Health Clinic
Fraserburgh
Telephone: 01243 585143
- Kincardine and Deeside Child Development Team, Kincardine
Community Hospital Stonehaven
Telephone: 01569 792028

[http:// www.nhsgrampian.org](http://www.nhsgrampian.org)

9.5 The Children's Trust Tadworth

We are the UK's leading charity for children with brain injury. Our national specialist centre is in Tadworth, Surrey, where we provide rehabilitation to children with acquired brain injury and specialist medical/transitional care to children with complex health needs. We also run The Children's Trust School, a non-maintained residential special school in Tadworth for children with profound and multiple learning difficulties (PMLD) and complex health needs. Our other services include expert community-based support for children with acquired brain injury and online support for families via our Brain Injury Hub website (www.braininjuryhub.co.uk)

Contact: The Children's Trust Tadworth

Tadworth Court, Tadworth, Surrey KT20 5RU

Telephone: 01737 365 000

Email online at the website

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

9.6 Community Pharmacy/ GP/ Dentist / Hospital / Travel or Sexual health clinic

NHS24.com provides comprehensive up-to-date health information and self-care advice for people in Scotland.

- Find Your Local Services
- Find your local pharmacy, GP surgery, dentist, hospital, travel or sexual health clinic.
- [Search by postcode](#)
- Find in-hours and out-of-hours emergency dental care.
- [Search by area](#)

<http://www.nhs24.com>

NHS 24 Helpline

If you are feeling ill now please contact your GP. If you're ill when your doctor's surgery is closed and you feel it can't wait until it re-opens, call NHS

24 **on 08454 24 24 24**. Calls to NHS 24 should cost no more than the price of a local telephone call from a BT landline. Calls from mobiles and other networks may vary.

NHS inform Helpline

Our partner service, the NHS inform Helpline, can give you details of all pharmacies, GP practices and dental practices in Scotland. They can also give you information about illnesses and conditions, treatments, NHS services and other support services.

Tel: 0800 22 44 88 (8am to 10pm, 7 days)

9.7 Continence

Children with a disability or additional support need can sometimes have problems with constipation or poor bowel or bladder control. The NHS Grampian Continence Advisory Service can offer help to children and adults who experience bladder and bowel symptoms. The local Continence Advisor can be contacted through the address below and help can also be provided by your Family Doctors or Health Visitors.

People can also refer themselves to the Continence Service at Inverurie Hospital.

Contact:

Email: grampian.inveruriecas@nhs.net

Address: Inverurie Hospital, Upperboat Road, Inverurie
Aberdeenshire AB51 3UL

Telephone: 01467 672748

Children's continence line which runs on a Tuesday afternoon from 1 to 4pm on 01467 672778 for staff, families, carers etc. to contact us for advice

Websites: <http://www.nhsgrampian.org>

9.8 Cruse Bereavement Care Scotland

Everyone experiences bereavement at some stage in their life – whether it's the death of a parent, a loved one, a friend or a child. The experience often means that our lives will never be the same again. Sometimes the feelings – despair, loneliness or even guilt – may overwhelm us, so much so that we need help. In time, and with support, we can work through such feelings and learn to live with our loss.

At Cruse Bereavement Care Scotland (CBCS) we're here to help you through this difficult time. We're able to listen – offering an impartial ear with no agenda – or we can support you via one-to-one counselling sessions where you can work through your grief. Or it may be that you need reassurance that other people have been through a similar experience – indeed it might be helpful to read about other people who have been bereaved and hear how

they've coped. Please be assured that all our services are offered to everyone free of charge.

Who Are We? We are a charity, staffed by volunteers, to give bereavement support to people throughout Scotland. We have teams in the major population areas plus we are able to provide support across the country by phone.

Founded in 1959, Cruse gradually developed into a volunteer counselling service. The first branch of Cruse in Scotland opened in the late 1960s and by the mid '90s there were 28 branches north of the border. Cruse Bereavement Care Scotland (CBCS) was set up on 11 April 2001 as a fully independent Scottish charity, working in a federal relationship with other parts of Cruse.

Funding

We rely on grants and donations to fund this important work but also give those we help the opportunity to contribute. Why not make a donation so that we may continue to help those struggling with their grief and to reach out to even more people who need our help?

Contact

Our Support Helpline is 0845 600 2227

- a single number, no matter where you live

Cruse Bereavement Care Scotland, North Area is comprised of teams based in: Aberdeen and Deveron

For more information, please see:

www.crusescotland.org.uk

9.9 Dentists

A visit to the dentist can sometimes be difficult for children, particularly those who might have limited understanding of what is happening or who have sensory difficulties. It is important to prepare a child in advance of their visit, and it might be useful to take them to the surgery before an appointment for a procedure.

It is also important to give the dentist as much information as possible about your child's needs and any particular difficulty they might have. If possible, arrange to make an appointment at the beginning of surgery to avoid the risk of appointments running late and having to wait.

The National Autistic Society has useful fact sheets for preparing children and young people for dental appointments.

Their website is <http://www.autism.org.uk>

If your child is in pain but you are not registered with a dentist you can

Contact: Grampian Dental Advice Line (DIAL) on 0845 45 65 990.

The line is open from Monday to Friday 8.15 am to 5.45 pm.

If calling out of hours or at the weekend you can call NHS 24 on 08454 242424.

9.10 Family Planning Clinic

Confidential service providing all methods of contraception, Well Woman service, breast checks, smears, swabs, counselling on PMT, menopause, planning a pregnancy, sexual problems and abortion.

Aberdeen - contact

Address: Denburn Health Centre, Rosemount Viaduct,

Aberdeen AB25 1UP

Telephone: 0845 337 9900

Fax: 01224 555 255

Web: <http://www.sexualhealthscotland.co.uk>

Elgin - contact

Dr Gray's Family Planning Clinic, Elgin

Tel: 01343 567574

NHS Grampian healthpoints and healthline offer free and confidential health advice from trained staff on a wide range of topics.

Call Free on Tel: 0500 20 20 30.

9.11 Healthpoint

Healthpoint is a walk in service which offers free advice or information on:

- Practical ways to improve your health.
- Your health concerns.
- Support groups and organisations.
- How to access NHS services.
- Long term conditions e.g. Diabetes, Asthma.
- Access to free condoms.
- Access to smoking cessation services.

If you want to improve your health, we can offer you a range of help; from simple advice to a personalised 'self-care' folder. If you or someone you know has been diagnosed with a condition, or want to find out about a health condition, we can offer information on the condition, sources of further information and details on local and national support networks.

Healthpoint also holds monthly campaigns inclusive of activity weeks for the staff and public to take a practical approach to health with help from specialist services. All done in line with both local and national campaigns, Healthpoint host a range of events from 'New Year, New You' to supporting Breast Cancer, 'Wear it Pink'

You can contact healthpoint by calling the free landline healthline: 08085 20 20 30. Monday - Friday 9.00am - 5.00pm. All calls are confidential and are answered by trained health advisers

Text the word 'Info' to 82727 A Healthpoint advisor will call you back during office hours to discuss your enquiry. Texts are a standard network charge and all calls are made in the strictest of confidence.

Email: healthpoint@nhs.net

Alternatively, you can pop into your local healthpoint:

Aberdeen: Aberdeen Community Health and Care, Village 50 Frederick Street, Aberdeen AB24 5HYAR

Concourse, Foresterhill, Aberdeen AB25 2ZN Monday - Friday 9-5pm.

Peterhead: Peterhead Library, Peterhead Saint Peter Street, Peterhead AB42 1QD

Hours: Tuesday - Friday 11-3pm

Fraserburgh 58A High Street Tuesday, Thursday and Friday 11.00am to 3.00pm/ Wednesday 12.30 to 3.00pm

Fraserburgh Hospital Concourse Wednesday 10.00am to 12.00noon

Elgin Concourse, Dr Gray's Hospital Open Monday to Friday 9.00am to 5.00pm

9.12 Mental Health Aberdeen

OUR SERVICES:

Counselling Projects and Information / Signposting to other mental health services

- **ACIS, Aberdeen Counselling and Information Services**, 1 Alford Place, Aberdeen; AB10 1YD: individual and confidential counselling for adults (16+) in Aberdeen city and surrounding area; email contact: acis.office@mhaberdeen.org.uk; **Telephone: 01224 573892**
 - **ACIS Youth** @ Community Hub, 1 Alford Place (address as above) individual and confidential youth counselling service for young people aged between 12-18 years – referrals from all health professionals and self-referral possible; **Telephone: 01224 573892**
 - **ACIS Youth @ Schools in Aberdeen – contact and referrals / self-referrals from appropriate school only**
 - **ACADEMIES:** BRIDGE OF DON; CULTS; DYCE; HARLAW; OLD MACHAR; ROBERT GORDONS COLLEGE; TORRY ACADEMY;
 - **PRIMARY SCHOOLS:** BRAMBLE BRAE PRIMARY; BRIMMOND PRIMARY; MANOR PARK PRIMARY; RIVERBANK PRIMARY; TULLOS PRIMARY; WALKER ROAD PRIMARY
-

- **One to One Counselling Service (Deeside)**, Aboyne: individual and confidential counselling on Deeside, Upper Marr, with small provision also in two Banchory locations; **Telephone 01339786700** (leave secure message on ansaphone, as office only partly staffed) or email: **onetoone.admin@mhaberdeenshire.org.uk**
- **Calsayseat Practice**: person-centred counselling at Calsayseat Surgery, Aberdeen (GP referrals only); **Telephone: 07905 825856**
- **Torry Counselling** based at Torry Neighbourhood Centre – for people living in Torry, GP and self-referrals possible; **Telephone 01224 894418**; self-referral document at reception: Torry Neighbourhood Centre
- **Amputee Counselling – ARI and Woodend** – linked with Outreach work for discharged patients and MARS Unit, also family members of amputee. This is an NHS Endowment funded pilot; October 2017 to October 2018 – Ward referral route only, for more information please contact MHA Head Office, Telephone 01224 590510.
- **Information services; Signposting** / Helplines for adults and young people, on issues of mental health only: ACIS, Aberdeen Counselling and Information Services, 1 Alford Place, Aberdeen; **Telephone: 01224 573892** or email: **acis.office@mhaberdeenshire.org.uk**
- **Grampian Child Bereavement Network (GCBN) – an MHA hosted project**: to assist bereaved children and their families, for carers and professionals supporting bereaved children and young people – for contact / information / resources **please phone: 01224 594099**; **website: http://gcbn.org.uk**; **email: gcbn@mhaberdeenshire.org.uk**

• **Head Office, MHA and Contacts:**

Contact – 1 – Chief Executive: Astrid Whyte

Address: 3rd floor, 1 Alford Place, Aberdeen AB10 1YD;

Tel: 01224 590510

Email: **astrid.whyte@mhaberdeenshire.org.uk**

Contact – 2 – Administrator: Bea Fyvie

admin@mhaberdeenshire.org.uk; postal address as above

Tel: 01224 590510

Email: **admin@mhaberdeenshire.org.uk**; Website: **http://www.mha.uk.net**

Mental Health Aberdeenshire: **The Arches**

Becoming unwell physically, emotionally, or mentally, is part of being human. We could all experience problems with our mental health at some stage in our lives.

The Arches supports our community by offering confidential support, information and advice to anyone who experiences mental ill-health. We can help you make friends, overcome distress, meet others who understand, learn ways of coping better with difficult situations, learn new skills or discover hidden talents.

We can also help put you in touch with other people who can provide specific support and advice as well as assisting you to be all you can, or want to be.

Some days we have "Open House" sessions where you can just come in and enjoy a chat and a cup of tea, and benefit from the company of others.

You could take part in Art and Craft, relaxation, exercise, Healthy Living sessions and much more. If you prefer just to socialise you can come along to our weekly evening gatherings, or enjoy day trips to places of interest.

If you have a special topic of interest or if you simply want to learn new things, why not come and listen to our varied programme of visiting speakers?

We always try to accommodate the needs and interests of everyone using our service. So why not ask us what is available or suggest activities you would like us to provide?

Referrals to the service are accepted from members of the Community Mental Health Team, G.P's, Primary Care Workers and individuals can self-refer.

Individuals referred must meet the following criteria:

- Be aged 18-65
- Experience mental ill-health or serious mental illness
- Experience problems because of social isolation
- Be resident in Banff or surrounding areas (Gardenstown, Turriff, Macduff, Whitehills, Portsoy, Aberchirder)

If you would like more information about the Arches or to come along for the first time please call us on: 01261 815449.

A member of staff will be pleased to answer any questions you have or arrange the best time for you to visit.

Contact: The Arches

Address: Anderson House, 46 Ardanes Brae, Banff, AB45 1FG

Tel: 01261 815449

Inverythan Centre

Inverythan Centre is a community resource for anyone who is affected by mental health issues living in Ellon and the surrounding area. The aim of the service is to help people cope in a way that is both positive and practical. Staff at Inverythan Centre work together with individuals in improving their quality of life and discovering their personal journey of recovery, thus supporting their process of regaining control over their lives.

If you would like to find out more about the Inverythan Centre, please contact Catherine Gault or Lynne Jones for a chat or to arrange a visit. If you are interested in volunteering at the Inverythan Centre, please see our [Vacancies](#) page for details of any available volunteering opportunities.

Contact: The Inverythan Centre

Address: Inverythan House, the Square, Ellon, AB41 9JB

Telephone: 01358 723423

Opening Hours: Tuesday – Thursday 9.00 – 5.00 pm

Answer machine is available out with these times

Email: inverythan@mhaberdeem.org.uk

<http://www.mha.uk.net>

9.13 Mental Health Services

Child and Adolescent Mental Health Services (CAMHS)

CAMHS offer help for children and young people with serious mental health disorders and their families. Referral is by healthcare professional, Education Psychology or Social Work

Address: NHS Grampian, Lower Ground Floor, Royal Aberdeen Children's Hospital, Westburn Road, Aberdeen AB25 2ZG

Telephone: 0345 550 134

The Young People's Department

The Young People's Department works with children and young people aged 13 to 18 years who are experiencing mental health difficulties. Referrals are usually made through the young person's GP or the School doctor.

<http://www.nhsgrampian.org>

9.14 NHS Minor Ailment Service

This is a service for people who don't pay prescription charges. It means that if your pharmacist thinks you need it, they can give you a medicine for a minor illness or complaint without you having to pay for it. A number of minor illness and complaints are covered by the scheme, including constipation, coughs, earache, eczema and allergies, nasal congestion, sore throat, threadworms and warts and verrucae.

- You need to register for the service with the community pharmacy of your choice.
- Your pharmacist will complete a separate form for each member of your family, including children.
- Your pharmacist will offer you advice.

- If you need a medicine or product to treat your symptoms, you will be given this free of charge.
- You may still have to go to your GP if your pharmacist suggests you should, or you need a medicine that you can only get with a prescription from your GP.

http://www.communitypharmacy.scot.nhs.uk/core_services/mas.html

9.15 Occupational Therapists - Aberdeenshire

We want to help you be independent with as little disruption to your normal daily life as possible. Therefore, training and re-education is important as many people can be helped to independent living without the need for equipment or adaptations

The correct equipment can promote independence, encourage normal movement and may prevent further deterioration.

We can provide a wide range of equipment to help you, or your carer assist you, with everyday tasks. There is no charge for this.

Items provided can range from simple equipment, to help with bathing or dressing, to more specialised equipment to help you up and down stairs.

Under the Direct Payments Act (1996) we can make arrangements to make a direct payment for you to purchase equipment that you have been assessed as needing.

This means that instead of us supplying the equipment, you would purchase it yourself. However, we would need to be satisfied that you required the equipment and that you would be able to manage the direct payment appropriately.

Our occupational therapy team can give information and advice on issues relating to your illness or disability.

This may include:

- Information about your particular disability or health problem
- Advice on other services that are available to you or your carer
- Advice on social and leisure activities and how to access them
- Advice on re-housing due to medical needs
- Advice/information on welfare benefits and assistance with claims
- Advice/information on support groups/charities
- Offering support in coming to terms with disability

<http://aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/occupational-therapy-service/>

9.16 Quarriers Scottish Epilepsy Centre

The William Quarriers Scottish Epilepsy Centre is an independent hospital, a national resource which provides epilepsy assessment to patients throughout Scotland in partnership with the NHS.

We provide flexible, person-centred, out-patient and in-patient care for people who pose significant diagnostic challenges and for those who have complex, physical, psychological and social needs.

Referrals are accepted from NHS Consultants and General Practitioners.

All patient assessments are supported by local NHS boards who fund individual referrals.

Contact

The William Quarrier Scottish Epilepsy Centre, 20 St Kenneth Drive, Glasgow G51 4QD

Tel: 0141 445 7750

Quarriers Head Office, Quarriers Village, Bridge of Weir, PA11 3SX.

Telephone: 01505 612224 / 616000

The Epilepsy Fieldworker for Aberdeenshire North is Caroline Jones. Most visits are to the client's home. The service is free and confidential, providing support and information to individuals of all ages and their families. Advocacy to help people with epilepsy get their voice heard.

Contact: Caroline Jones, Quarriers Epilepsy Fieldwork Service

Address: Peterhead Community Hospital, Links Terrace, Aberdeenshire AB42 2XA

<http://www.scottishepilepsycentre.org.uk/index.php/healthprofessionals>

9.17 Sands (Stillbirth and Neonatal Death Society)

We are so sorry that your baby has died. At Sands, we offer bereavement support and information to anyone affected by the death of a baby before, during or shortly after birth. We recognise how devastating it is when a baby dies as many of us have been through the experience ourselves and we want to offer support in a way that feels right for you.

You can **find out more about your local support group in Aberdeen** by contacting them on **0870 760 6649** or help@aberdeen-sands.org

Website: <http://www.aberdeen-sands.org/> The National Helpline is also available for anyone who has been affected by the death of a baby and wants to talk to someone about their experience. The loss may have been very recent, or may have happened many years ago. We support bereaved parents, family, friends and healthcare professionals.

Contact

Sands National Helpline: **0808 164 3332** or email helpline@sands.org.uk

Opening hours: 9.30-5.30 Monday to Friday and 6-10pm Tuesday and Thursday

Sands Head Office Telephone: **020 7436 7940**

Website: www.sands.org.uk (For bereavement support resources, information and training for healthcare professionals)

Online Support Forum: www.sandsforum.org

9.18 Speech and Language Therapy (SLT)

Speech and Language Therapists work with parents/carers and others to assess if a child has speech and/or language difficulties, communication or eating and drinking difficulties. The therapist will consider the difficulties the child has and the impact these will have on his/her life. If appropriate the therapist will decide how the child can be helped to reach their full communication potential.

Speech and Language Therapists work in a variety of settings such as nurseries, schools, clinics and other locations in the community. A family can request to be referred to speech and language through their GP, health visitor, social worker, education or hospital staff.

<http://www.nhsgrampian.org>

Health Help Lines And Services

NHS Helpline

Telephone: 0800 22 44 88

NHS 24

Telephone: 08454 24 24 24

A confidential telephone advice and information service for when you or someone you care for is unwell and you feel it cannot wait until you get an appointment with your GP. NHS 24 is also for when you are looking for more information about a health matter or local healthcare services.

NHS inform - a new National Health information service

Providing a coordinated approach and a single source of quality assured health information for the public in Scotland

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

Telephone: 0800 224488 (8am – 10 pm)

9.19 PHARMACIES

www.yell.com/s/pharmacies-aberdeenshire.html

www.numarkpharmacists.co.uk/hp/pharmacies-in-aberdeen

www.nhsgrampian.org/files/CHP_Flu_Pharmacies.pdf

10 HOLIDAYS

General Holiday Provision

10.1 Calvert Trust

The Calvert Trust enables people with disabilities, together with their families and friends, to achieve their potential through the challenge of outdoor adventure in the countryside.

We aim to do this by providing:

- A wide range of adventurous outdoor activities, meaningful challenge and adventure within a framework of safety
- Skilled, qualified and caring staff able to fulfil the needs of visitors
- Accommodation appropriate to the needs of the visitors
- Facilities for families and friends to share the enjoyment and experience
- The benefits and enjoyment of the activities will be offered to all, irrespective of ability. These benefits include:
- The enrichment in the life of each individual through adventure and personal achievement
- The chance to enjoy countryside of exceptional natural beauty
- Recreational opportunities that can be transferred into everyday living
- Personal development and rehabilitation leading to integration

Contact The Lake District Calvert Trust

For all enquiries relating to The Lake District Calvert Trust please contact us using the details below.

Telephone: 017687 72255

Facsimile: 017687 71920

Address: The Lake District Calvert Trust, Little Crosthwaite, Keswick
Cumbria CA12 4QD

Email: enquiries@lakedistrict.calvert-trust.org.uk

Office hours are 9 am - 5 pm, seven days a week.

<http://www.calvert-trust.org.uk/lake-district>

Contact Calvert Trust Kielder

For all enquiries relating to Calvert Trust Kielder please contact us using the details below.

Telephone: 01434 250232

Facsimile: 01434 250015

Address: Calvert Trust Kielder, Kielder Water & Forest Park, Hexham
Northumberland NE48 1BS

Office hours are 9 am - 5 pm, seven days a week.

Email: enquiries@kielder.calvert-trust.org.uk

<http://www.calvert-trust.org.uk/kielder>

Contact Calvert Trust Exmoor

For all enquires relating to Calvert Trust Exmoor or general Calvert Trust questions please contact us using the details below.

Telephone: 01598 763221

Facsimile: 01598 763063

Address: Calvert Trust Exmoor, Wistlandpound, Kentisbury
Barnstaple Devon EX31 4SJ

Office hours are 9am - 5pm, seven days a week.

Email: enquiries@exmoor.calvert-trust.org.uk

<http://www.calvert-trust.org.uk/exmoor>

<http://www.calvert-trust.org.uk>

10.2 Family Fund

The Family Fund gives grants to families raising disabled and seriously ill children aged 17 and under. Our grants bring practical and essential help that is often a lifeline to a family, such as washing machines, bedding, specialist toys and much-needed family breaks. Families can apply if they are eligible for, and can send evidence of the following tax credits or benefits; Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit, Pension Credit.

Contact

Email info@familyfund.org.uk

Telephone 01904 550055

Family Fund address: 4 Alpha Court, Monks Cross Drive, York YO32 9WN

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

10.3 Happy Days

Happy Days Children's Charity provides day trips and short breaks to some of the UK's most vulnerable children, bringing happiness and hope to them and their families. Since 1992 we have helped almost 239,000 children with

mental and physical disabilities, life limiting conditions, children who have been abused and young carers between the ages of three and seventeen. We fund and organise respite breaks, residential trips, days out, visiting theatre performances & theatre trips throughout the UK and are a vital support to many young people in special needs schools, hospitals and hospices.

Contact: Happy Days Children's Charity

Address: Clody House, 90-100 Collingdon Street, Luton, Bedfordshire
LU1 1RX

For general enquiries, telephone: 01582 755999 or

E-mail: enquiries@happydayscharity.org.

<http://www.happydayscharity.org>

10.4 Holiday Playschemes for children with additional support needs

These provide respite and continuity for parents / carers and children during the school holidays. We just have fun and try to make each holiday the best ever by going on outings, visiting

Venue: Orchard Brae School

8 children/young adults per day 5 - 18 years

4 staff per day

Monday - Friday 9.00am - 5.00pm

1 week in Easter, 4 weeks in summer and 1 week in October

Coordinator: John Herron

Holiday Fun Club

Venue: Orchard Brae School– Easter and October holidays and Heathryburn School - summer holidays

18 children/young adults per day from 8 - 17 years

4 staff per day

Monday - Friday 10.00am - 2.30pm

3 days in Easter, 4 weeks in summer and 3 days in October

Coordinator: Grace Gray

Under 8's

Venue: Ashgrove Family Centre

8 children per day from 5 - 8 years

4 staff per day

Monday - Friday 9.30am - 2.30pm

3 days in Easter, 4 weeks in summer and 3 days in October

Coordinator: Rachel Edmond

Contact:

For more information on these services, please contact:

Elaine Michael

Tel: 01224 212021

Email: Elaine.Michael@vsa.org.uk

<https://www.vsa.org.uk/vsa/children-and-young-people/holiday-playscheme.html>

10.5 Take a Break

Take a Break is Scotland's short break fund for 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 much, much more. Check out our website to find out if you may be eligible to apply and how to make an application. You can also read how other people have enjoyed their breaks.

Contact:

Telephone: 01904 571093

Email: info@takeabreakscotland.org.uk

Address; Take a Break Family Fund, Unit 4, Alpha Court, Monks Cross Drive York, YO32 9WN

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

10.6 Tourism for All

Tourism for All UK is the UK Voice for Accessible Tourism. We are a national charity dedicated to making tourism welcoming to all.

A break or a holiday, or a simple day trip is important to our lives, giving us something to look forward to, time to enjoy our families, a chance for adventure, or perhaps some time to ourselves, to recover, and acquire memories of happy times. In the past, some of us have encountered barriers to our participation in tourism - disabled people, older people, carers of young people or disabled or older relatives - Tourism for All works to overcome these.

This website is about the charity, how you can help as an individual, and the advice and assistance we can offer to your business or organisation. We operate an active network, passing on info about the best, and seeking to help change the worst - please take part in this with us by registering with the site, and/or becoming a member.

Our new website www.openbritain.net is the site where we offer comprehensive information about places to stay, visit, eat and drink, and activities and events, in the UK. There is a link below to take you straight there if that is what you are looking for. For overseas and other information, click on the TFA Directory in the right hand margin.

Please help us raise standards of welcome and accessibility for all!

Contact: Tourism for All UK, Pixel Mill, 44 Appleby Road

Kendal, Cumbria LA9 6ES

Telephone: 0845 124 9971

Email: info@tourismforall.org.uk

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

Special Holiday Provision

The following organisations offer special holiday accommodation for particular groups of children:

10.7 British Kidney Patient Association

Grant Information for Patient: What might the BKPA pay for?

- **Financial aid**
We can help with the cost of domestic bills such as car insurance and tax, heating costs, telephone installations and television licences. We may also help with the purchase of domestic goods like washing machines and carpets.
- **Travel costs**
If you can't recover the cost of travel to your hospital via your kidney unit, we may be able to help you if you have to visit regularly and have to travel a long way. We don't help with costs of getting to ongoing dialysis.
- **Further education and training**
We may be able to cover the cost of university or college fees where appropriate, or the cost of books, equipment, lodgings or other expenses involved with educational and job opportunities.
- **Holidays**
We give grants to individuals and families towards the cost of a basic holiday in the UK or overseas. The grant can be used to cover the total cost if it is modest, or it can be used as a contribution towards the final cost of the holiday. We also fund children's activity holidays that are organised by paediatric renal units.

Contact

The British Kidney Patient Association (BKPA),

3 The Windmills, St Mary's Close, Turk Street, Alton GU34 1EF
Telephone: 01420 541424
Fax: 01420 89438

Email: info@britishkidney-pa.co.uk

<http://www.britishkidney-pa.co.uk>

10.8 Cystic Fibrosis Research Trust

Cystic Fibrosis Trust has actively supported excellence in research and clinical care, as well as providing practical support and advice to people with Cystic Fibrosis and their families. We are the only UK-wide charity focusing solely on CF. We fund high quality research to understand CF better and to develop new and better treatments, we set standards of CF care and review services to make sure they are meeting those standards, and we provide information and advice to people with CF and their families. Some small grants are available to support people living with CF and their families.

Contact

CF Trust helpline **0300 373 1000** or **020 3795 2184**

For general enquiries, please call 020 3795 1555

Email: enquiries@cysticfibrosis.org.uk

Address: Cystic Fibrosis Trust, One Aldgate, Second floor, London EC3N 1RE

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

10.9 Dreams Come True

We are a national UK charity that works hard to make dreams come true for children and young people with serious and life-limiting conditions aged between 2 and 21 years old.

Fulfilling a dream can help a child or young person to think beyond their illness or disability and focus on something highly positive and empowering. The experience can create amazing memories for entire families and our friendly and knowledgeable team are there to help every step of the way.

Over the years, we've arranged for thousands of children and young people to meet their heroes, enjoy amazing experiences, visit special places and more. For some, a dream is simply to enjoy everyday activities so we're also happy to provide specialist items such as disability trikes, wheelchair swings, sensory equipment and technology

Contact: Dreams Come True, Exchange House, 33, Station Road
Liphook, Hampshire GU30 7DW
Tel: 01428 726330

Freephone: 0800 018 6013

Email: info@dreamscometrue.uk.com

<http://dreamscometrue.uk.com/>

10.10 Royal National Institute of Blind People (RNIB)

RNIB is a charity and we have three clear priorities:

1. Being there - people losing their sight can rebuild their lives
2. Independence - blind and partially sighted people can make the most of their lives
3. Inclusion - society includes blind and partially sighted people as equal citizens and consumers.

Contact: RNIB Scotland, 12-14 Hillside Crescent, Edinburgh EH7 5EA

Telephone: 0131 652 3140.

Email: rnibscotland@rnib.org.uk

RNIB Helpline: 0303 123 9999

www.rnib.org.uk

10.11 ReVitalise

Revitalise is a national charity providing short breaks and holidays (respite care) for disabled people and carers. We also offer inspirational opportunities for volunteers through one of the largest, most diverse volunteer programmes in the UK.

Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers for over 50 years. Revitalise also offers inspirational opportunities for volunteers through one of the largest and most diverse volunteering programmes of any UK charity.

Revitalise was founded in 1963 as the Winged Fellowship Trust (WFT). In 2004 WFT became Vitalise and in 2014 Vitalise became Revitalise.

We currently run three accessible holiday centres in Chigwell in Essex, Southampton and Southport.

Our mission is to enable disabled people in the UK to access essential breaks with care, and provide inspirational opportunities for volunteers.

We firmly believe that disabled people should have the same rights, freedoms, responsibilities and quality of life as those without disabilities.

Contact: General enquiries:

Tel: 0303 303 0145

Email: directly from the website

Break and Holiday Enquiries and Bookings

Respite breaks, short breaks and holidays at Vitalise Centres
Short Break Bookings Team
212 Business Design Centre, 52 Upper Street, London N1 0QH

Tel: 0303 303 0145

Fax: 0207 288 6899

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

11 HOUSING

General

11.1 Aberdeen Cyrenians

Aberdeen Cyrenians began in 1968 as a soup kitchen run in the city's Castlegate. Organised by students from Aberdeen University, this service provided basic food to a growing number of people. It became increasingly obvious that there was a high demand for further support services and eventually a night shelter was opened.

Over the next four decades Aberdeen Cyrenians opened the first ever wet hostel in Britain, the first Women's hostel in Aberdeen, day centres, emergency accommodation for young people, medium-term accommodation for young and old, community & housing support services and an employment and education service. An estimated 50,000 homeless people or people at risk of homelessness have been supported by Aberdeen Cyrenians over the past 45 years.

Aberdeen Cyrenians aim to meet the needs of people who are homeless, at risk of homelessness or affected by homelessness in any way. We continue to provide an appropriate range of unique, leading edge services – from prevention to resettlement – that make a real difference to the lives of individuals.

[Domestic Abuse and Supported Accommodation Project \(DASAP\)](#)

[Violence Against Women](#)

[Margaret House](#)

[Wernham House](#)

[Street Alternatives](#)

[Advice and Information Service](#)

Contacts

Email: info@aberdeen-cyrenians.org

Telephone: 01224 625732

Fax: 01224 646257

Postal Address: 62 Summer Street, Aberdeen AB10 1SD

<http://www.aberdeen-cyrenians.org>

11.2 Aberdeen Foyer

Established in 1995, the Foyer is a successful charitable organisation and social enterprise working to prevent and alleviate youth homelessness and unemployment in the wider community. At our core we provide supported accommodation to former homeless and at risk young people alongside a range of education, training, employment support and health improvement

services to people of all ages.

The Foyer's approach recognises that homelessness and disadvantage is not just a matter of providing a home, but necessitates addressing the underlying causes and critically providing people with the means of gaining and sustaining employment. The Foyer works with people to develop their talents and open up opportunities, offering engaging services to affect real and lasting change in their lives, enabling them to take the next steps towards independent living, learning and work .

The Foyer exists to meet the needs of people aged 14 and over as they move towards social and economic independence. For people living in our supported accommodation this will involve learning, with support, to gain skills to be able to manage your own home and work towards becoming employed. Young people will develop an action plan which will help them to improve understanding of themselves, where they are now and how to work towards where they want to be. We have high quality self-contained furnished accommodation available to let to people aged 16-25 who are homeless or at risk of homelessness and require support.

Aberdeenshire contact

Accommodation available at Broad Street, Fraserburgh; St Andrew Street, Peterhead; Brickfield Court, Stonehaven and Sycamore Road, Banchory; Polinar Place, Inverurie.

Referral to Aberdeen Foyer's supported accommodation in Aberdeenshire is through the Homeless Department of Aberdeenshire Council.

Supported Accommodation:

Trinity Court 82a Crown Street, Aberdeen AB11 6ET

Tel: 01224 582900

Torry 139b Victoria Road, Aberdeen AB11 9LY

Tel: 01224 876167

Aberdeen Foyer Stonehaven 67 Arduithie Road, Stonehaven,
Aberdeenshire AB39 2DP

Tel: 01569 764695

Fax: 01569 765102

Aberdeen Foyer Inverurie 4 Polinar Place, Inverurie AB51 3YZ

Tel 01467 622653

Aberdeen Foyer Fraserburgh, 46a Broad Street, Fraserburgh

Aberdeenshire AB43 9AH

Tel: 01346 516932

Aberdeen Foyer Peterhead flat 17C, St Andrews Street,

Peterhead AB42 1DS

Tel: 01779 477783

Aberdeen Foyer Banchory, 50 Sycamore Road, Hill of Banchory

AB31 5JP

Tel: 01330 820685

Aberdeen Foyer Marywell Centre, Marywell Street, Aberdeen AB11 6JF

Tel: 01224 212924

Cathy Simpson

Communications Manager

Aberdeen Foyer

Direct Dial: 01224 373880

Mobile: 07875391125

<http://www.aberdeenfoyer.com/>

<http://www.foyergraphics.com/>

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

www.foyerworks.com

11.3 Archway Aberdeen

Archway is an independent Aberdeen based charity offering a range of innovative community based services to improve the opportunities available and quality of life for people with learning disabilities in Aberdeen and throughout the North East area

Respite

We provide respite for children and adults with learning disabilities in 3 of our units. Our units are located across Aberdeen City at [71 Westburn Road](#); [31 Two Mile Cross](#) and [153 Victoria Street, Dyce](#). Each unit can offer respite for up to six children or adults at one time. Children and adults are not accommodated within the units at the same time. Referrals are currently taken from Aberdeen City and Aberdeenshire Council's Social Work Department. Referrals are accepted for any individual over the age of 7 years old with a learning disability.

Day activities

We currently provide day activities for some of our permanent care residents. 2 staff support our residents to access various activities across the local community. These activities are provided 4 days a week and are tailored around what our residents like to do. Some of the activities that they have done include boccia, ice-skating, accessing local community centres and parks, arts and crafts and bingo.

Contact: Archway, 71 Westburn Road, Aberdeen AB25 2SH

Telephone: 01224 643327

Fax: 01224 658351

Email: admin@archway.org.uk

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

11.4 ARK housing

ARK Housing Association is a not-for-profit organisation. We have a [clear vision and mission](#) that drive everything we do, and [our values](#) are rooted in civil and human rights.

Founded in 1977 by a group of Edinburgh parishioners to help a member of their congregation, we now manage over 400 properties across 13 *Scottish Local Authorities*, and employ over 1000 staff.

"We support people to live good lives, at home and in their community."

Some people require assistance to lead the life of their choice. For over thirty years we have provided community-based care, support and housing for people with learning difficulties and others with complex and enduring needs. We also provide general needs housing.

We believe everyone should have the opportunity to lead a happy, healthy and safe life.

Contact

Address: ARK Housing Association, The Priory, Canaan Lane
Edinburgh EH10 4SG
Phone: 0131 447 9027
Email: directly from the website
Website: <http://www.arkha.org.uk>

11.5 Castlehill Housing Association

Castlehill Housing Association is a registered charitable organisation, established in 1970. We have a long, successful track record in the provision of housing and associated support services.

Our current housing stock includes general needs properties, amenity, sheltered and very sheltered housing. We operate across three local authority areas; Aberdeen City, Aberdeenshire and Moray.

We own and manage over 2000 properties and over 10,000 households are registered with us seeking housing. The bulk of our stock is for affordable rent but we also have a number of shared ownership properties.

Through our subsidiary, Grampian Community Care Charitable Trust (GCCCT), we provide specially designed housing for people with particular needs.

In 2011, we established a non-registered, non-charitable subsidiary, Castlehill Solutions, to enable us to carry out activities that are complementary to the core objectives of Castlehill but could not be done by the parent charitable company. Castlehill Solutions leases properties from Castlehill Housing Association to provide Mid-Market Rent tenancies. There are 10 such properties at 2017.

In addition to our core activities as a registered social landlord, Castlehill also manages Aberdeen Care & Repair, undertaking a range of services for older and disabled people throughout the City.

Contact

Address: Castlehill Housing Association

4 Carden Place, Aberdeen AB10 1UT

Telephone: [01224 625822](tel:01224 625822)

E-Mail: info@castlehillha.co.uk

Web Site: <http://www.castlehillha.co.uk/>

11.6 Cornerstone

Cornerstone provides care and support services for adults, children and young people with disabilities and other support needs. We operate with a person centred approach and identify goals for everyone we support based on four key areas – increased social inclusion, improved health, improved independence and improved wellbeing.

Our website contains information on our range of services but if there is anything you cannot find or would prefer to talk to someone directly, please [contact us directly](#).

Contact:

Email: enquiries@cornerstone.org.uk

Address: Centurion Court, North Esplanade West, Aberdeen, AB11 5QH

Telephone: 01224 256 000

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

11.7 Disabled Persons Housing Service (Aberdeen City Council)

The service, partly funded by Aberdeen City Council, offers housing advice, information and advocacy to disabled people, their families and carers. 2 new projects (Veterans Voice) for disabled veterans and (No Place Like Home) older people over 65 who have age related illness or disability. The housing advice offered includes social housing (council, housing associations and co-operatives) private housing (ownership, part-ownership and private renting) and sign-posting to any other related services. Clients can contact the DPHS themselves or referrals are accepted from health care, social work, housing or any other organisation on behalf of the client. Home and hospital visits can be arranged if clients are unable to call in at the DPHS office.

Contact: Shirley Finlayson, Disabled Persons Housing Service (Aberdeen), Top Floor, Raeden Court, Midstocket Road, Aberdeen AB15 5PF 01224 810222 or info@dphsaberdeen.org

<http://committees.aberdeencity.gov.uk/mgOutsideBodyDetails.aspx?ID=206>

11.8 Disabled Persons Housing (Aberdeenshire)

Details of the different types of accommodation available and information on respite care and short breaks.

- Sheltered housing and very sheltered housing
- Care home
- Respite care and short breaks
- Adult placement / shared lives
- Supported housing
- Council housing
- Homeless
- 'Moving On' service

Sheltered housing and very sheltered housing

Sheltered housing provides self-contained accommodation for older or disabled people or people at risk who are able to look after themselves. A scheme manager lives on or nearby the premises.

Very sheltered housing provides self-contained accommodation where on-site support and home care is provided to enable older or disabled people or people at risk to maintain their independence. Meals are provided and there are communal areas.

Care home

A care home is a place where people can live and be looked after by trained staff, day and night, in homely surroundings. They are registered and inspected by the Social Care and Social Work Improvement Scotland.

Respite care and short breaks

Respite and short breaks accommodation can be a self-contained flat, a room in a purpose built sheltered housing complex, a care home or a respite unit. There is 24-hour on-site support available.

Adult placement / shared lives

Adult placement / shared lives accommodation can be full-time residential placement in a carer's home.

Supported housing

Supported accommodation ranges from:

- sheltered and very-sheltered housing accommodation
- group homes where people share accommodation supported by residential or visiting housing support workers
- individual scattered or clustered dwellings with floating (flexible) support
- 'wet houses' for people with substance misuse problems

Council housing

There is a stock of council housing properties that are allocated, as they become vacant, to people on a waiting list.

Homeless

Homeless accommodation is temporary accommodation and ranges from:

Furnished accommodation, residential temporary units with shared kitchen and living areas. These are staffed 24-hours a day, bed and breakfast

'Moving On' service

The 'Moving On' service is for people of any age who have a learning disability and want some help to become more independent.

We work Inspire to provide the 'Moving On' service in Inverurie. People of any age who have a learning disability can stay at the house to develop their living skills and confidence for up to three years. This service is a stepping stone between living where there is a lot of help and living somewhere where you look after yourself more.

If you would like to know more you can talk with your care manager or social worker or

Contact

Community support team for adults with learning disability
The Gatehouse, Inverurie Hospital, Upperboat Road, Inverurie, AB51 3UL

Tel: 01467 672780

or Housing: Gordon House, Blackhall Road, Inverurie, AB51 3WA

Tel: 01467 620981

<http://aberdeenshire.gov.uk/housing/housing-options/>

11.9 Grampian Housing Association Ltd

If you require help or advice about applying for housing please contact us for assistance. You will not be charged for this service. A translation service can be arranged.

Grampian Housing Association operates a Choice Based Lettings scheme to let its houses and flats for rent in Aberdeen, Aberdeenshire and Moray. Our lettings scheme is called HomeHunt North East Scotland (NES) and is operated jointly with Castlehill Housing Association and Sanctuary Scotland. Full details on how this works and how to apply for a home can be found by clicking on the HomeHunt NES logo below:-

Choice based lettings is a different way of letting properties from traditional waiting lists. It gives applicants greater choice and control in the process of finding accommodation. Applicants register on our system by completing a short form and we advertise all our vacancies as they arise. Once registered, you can apply for any property that you are interested in. A short list of bidding applicants will be used to determine the successful applicant; based on giving priority to the household that best matches the property type and also considering housing need. **You will only be contacted if we are**

considering you for the property you have bid for, typically this would be within five working days. Therefore if you don't hear from us within this timescale you will not have been successful on that occasion. You should continue to bid for properties that you are eligible for and interested in when properties are next advertised. If you have a significant housing need, (for example are homeless, overcrowded or have a medical need) you can complete a short form allowing us to access your circumstances and award you a priority pass.

If you are homeless or threatened with homelessness, please also contact your local authority directly for advice and assistance.

Available properties are advertised fortnightly on Tuesdays in The Press & Journal newspaper Your Home supplement and online at HomeHunt NES.

You can download a copy of our [Lettings Policy here](#) for further information.

How to contact HomeHunt NES

T: 01224 628101

E: homehuntnes@castlehillha.co.uk

HomeHunt NES, 4 Carden Place, Aberdeen, AB10 1UT

<https://www.grampianhousing.co.uk/en/>

11.10 Home Improvement Grants (Aberdeenshire Council)

Grants are available to owners and tenants to carry out essential adaptations and improvements for the benefit of a person with disabilities.

If you are disabled or over the age of 60, either an owner or private tenant, you may be able to obtain assistance from the Aberdeenshire Care & Repair Project.

They can be contacted at 3 Benavie Court, Bridge Street, Ellon, AB41 9LA

Tel: (01358) 721672

Email: private.housing@aberdeenshire.gov.uk

For further details contact:

11.11 Environmental Health Offices

Banff & Buchan Area

5 Back Path, Banff, AB45 1AR Tel: (01261) 813280

1 Kirk Brae, Fraserburgh, AB43 9AJ Tel: (01346) 586321

Buchan Area

60 Broad Street, Peterhead, AB43 6DA Tel: (01779) 483254

Formartine Area

Municipal Buildings, High Street, Turriff, AB53 7EN Tel: (01888) 563417

45 Bridge Street, Ellon, AB41 9AA Tel: (01358) 726444

Garioch Area

Gordon House, Blackhall Road, Inverurie, AB51 3WA Tel: (01467) 620981

Marr Area

25 Gordon Street, Huntly, AB54 5AL Tel: (01466) 794121

Council Offices, School Road, Alford Tel: (019755) 64806

The Square, Banchory, AB31 5RW Tel: (01330) 822878

Bellwood Road, Aboyne, AB34 5HQ Tel: (013398) 87373

Kincardine & Mearns Area

Viewmount, Arduathie Road, Stonehaven, AB39 2DQ Tel: (01569) 768232

Aberdeenshire Council Social Work Service: Occupational Therapists

Banff & Buchan Area

Winston House, 39 Castle Street, Banff, AB45 1DQ Tel: (01261) 813461/468/459

Dalrymple Street, Fraserburgh, AB43 5DB Tel: (01346) 585092

Buchan Area

The Flat, St Drostan's, Russell Street, Old Deer, AB42 8LN Tel: (01771) 622717

Glenugie Centre, 53 Windmill Street, Peterhead, AB42 6UE Tel: (01779) 477333

Formartine Area

Turriff Community Hospital, Balmellie Road, Turriff, AB53 4DQ Tel: (01888) 564117

25 Station Road, Ellon, AB41 9AE Tel: (01358) 720033

Garioch Area

Day Centre & Social Work Offices, Port Road, Inverurie, AB51 3SP Tel: (01467) 629046

Unit 3/5 Shopping Centre, Westhill, AB32 6RL Tel: (01224) 743653

Marr Area

45 Station Road, Banchory, AB31 3XX Tel: (01330) 824991

Allachburn, Low Road, Aboyne, AB34 5HY Tel: (013398) 87096

25 Gordon Street, Huntly, AB54 5EQ Tel: (01466) 794488

Kincardine & Mearns Area

Carlton House, Arduthie Road, Stonehaven, AB31 2DL Tel: (01569) 763800

<http://aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/occupational-therapy-service/>

11.12 Home Start UK

Our support is free, confidential and non-judgemental. In fact, almost 25% of families refer themselves to Home-Start - which speaks for itself

We help to increase the confidence and independence of families by:

- Visiting families in their own homes to offer support, friendship and practical assistance.
- Reassuring parents that their childcare problems are not unusual or unique
- Encouraging parents' strengths and emotional well-being for the ultimate benefit of their children
- Trying to get the fun back into family life
- Our volunteers, who have parenting experience themselves, can offer:
 - Precious time for listening and talking
 - Help with the children
 - A break for parents
 - Practical help and reassurance
 - A chance to meet other parents in similar situations
 - Support to use local services and resources

Contacts

Aberdeen: 1A Alford Place, Aberdeen, AB10 1YD

Tel: (01224) 693545

E-Mail: admin@homestartaberdeen.org.uk

Website: <http://www.homestartaberdeen.org.uk>

Deeside: The Annexe Building, Clydesdale Bank, 38 High Street.

BANCHORY AB31 5SR

Tel: 01330 824443

Email: info@homestartdeeside.org

Website: <http://www.homestartdeeside.org>

Deveron: 5-7 Strait Path, BANFF AB45 1AD

Tel: 01261 819 964

Fax: 01261 819 965

Email: info@homestartdeveron.org.uk

Website: <http://www.homestartdeveron.org.uk>

Kincardine: 32 David Street, STONEHAVEN AB39 2AL

Tel: 01569 767 773

Fax: 01569 767 773

Email: office@homestartkincardine.org

Website: <http://www.homestartkincardine.org.uk>

North East Aberdeenshire: 56 High Street, FRASERBURGH AB43 9ET

Tel: 01346 518930

Email: homestartnea@btconnect.com

Website: <http://www.home-startnea.org.uk>

Garioch: Lumphart Cottage, Port Road, INVERURIE AB51 3SP

Tel: 01467 624801

Fax: 01467 624801

Email: maryf@homestartgarioch.org.uk

Website: <http://www.homestartgarioch.org.uk>

11.13 Langstane Housing Association

Langstane Housing Association's aim is to provide quality housing which promotes social inclusion and generates sustainable communities.

Langstane Housing Association is a Registered Social Landlord and a charity. We were founded in 1977 to provide homes for single people in need of affordable rented accommodation.

Nearly 40 years later we are meeting that need and more. Our stock is growing and changing to provide good quality family homes at reasonable cost.

We manage over 2,700 properties throughout Aberdeen city, Aberdeenshire and Moray. Our Head Office is at 680 King Street, Aberdeen. Our Elgin office is at 7 North Guildry Street, Elgin. The Elgin Team delivers our services to tenants and applicants in Moray and North Aberdeenshire

Contact: Langstane Housing Association

Aberdeen Office: 680 King Street, Aberdeen AB24 1SL

Phone: 01224 423000

Email: info@langstane-ha.co.uk

<http://www.langstane-ha.co.uk>

Elgin Office: 7 North Guidry Street, Elgin IV30 1JR

11.14 Manor Project, Aberdeen

The Manor Project provides 24 hour, 7 day, staff supported accommodation in three flats within the Middlefield area of Aberdeen. The flats each have three bedrooms and a shared sitting room, kitchen and bathroom. The project encourages individuals with learning disabilities to develop their own aims and goals.

- Assistance with everyday chores
- Encouragement to join local clubs, for example, drama groups
- Opportunities to try out new hobbies and interests within the local area and city centre

Contact: Project Manager: Nikki Keenan

Address: 29 Manor Walk, Aberdeen AB16 7UQ

Phone: 01224 662513

<http://www.carehome.co.uk/carehome.cfm/searchazref/20006025MANA>

11.15 Margaret Blackwood Housing Association

Blackwood Homes provides a range of accessible, modern, attractive and bespoke housing aimed at providing great value to people with a range of disabilities and housing needs. We have over 1,500 homes throughout Scotland which we maintain to a high standard in accordance with what our customers tell us that they want to see in and around their homes.

If you would like more information about the housing we have in your area, please take a look at [our properties](#).

Our office is open 9am-5pm, Monday to Friday.

Contact

Head Office: 160 Dundee Street, EDINBURGH EH11 1DQ

Telephone: 0131 317 7227

Email: info@blackwoodgroup.org.uk

Aberdeen Office: The Housing Office, Blackwood, 23, Raeden Court
Midstocket Road, Aberdeen AB15 5PF

Telephone and Fax: 01224-326-964

E-mail: info@blackwoodgroup.org.uk

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

11.16 SCARF

Scarf is an accomplished social enterprise, headquartered in Aberdeen, delivering a range of services to householders, businesses and communities throughout Scotland.

Launching in 1985, Scarf's original aim was to eradicate fuel poverty. Although this purpose remains at our core, Scarf has developed into a professional social enterprise making a practical difference to individuals and organisations.

Contact: SCARF: Head Office, 1 Cotton Street, Aberdeen AB11 5EE

Tel: 01224 213005

General Enquiries: 01224 213005

Email: info@scarf.org.uk

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

11.17 Shelter Aberdeen

Shelter Scotland and Aberdeen City Council Homelessness Services are working to prevent homelessness by providing independent housing advice and assistance to people in Aberdeen. Shelter Scotland recognises that people who are behind with their rent or mortgage payments often have other difficulties, for example you may have lost your job, split up from a partner or find it hard to deal with official forms and notices.

- The Aberdeen project has three aims:
- To prevent homelessness through the provision of information, advice, advocacy and training.
- To reduce future homelessness by providing comment and information on strategic and service development within Aberdeen City.
- To reflect the needs of service users in the development of strategy and services.

Contact us

Aberdeen Project 1st Floor, 36 Upperkirkgate, Aberdeen AB10 1BAUK

Telephone: 01244 522 851

Email: aberdeenproject@shelter.org.uk

Our services in Aberdeenshire

As part of Shelter Scotland's work to tackle homelessness, we run many different projects across Scotland. These projects are developed to address local needs, but also to demonstrate solutions for others to implement.

Speak to an adviser

Call Shelter Scotland's free housing advice helpline

0800 800 4444 9am-5pm, Monday to Friday

Telephone our Supporter Helpdesk on 0300 330 1234 (calling this number will cost you less than a local rate call)

Email: info@shelter.org.uk.

We're open Monday-Friday 9am-6pm.

Address: Shelter Scotland, 4th floor, Scotiabank House, 6 South Charlotte Street, Edinburgh, EH2 4AW.

<http://scotland.shelter.org.uk>

11.18 Shelter Scotland

If you have a housing problem or are homeless, Shelter Scotland can offer free advice on:

- Your housing rights
- Rent or mortgage
- arrears
- Homelessness
- Problems with your landlord
- Dampness and disrepair
- Eviction or repossession
- Housing benefit

Contact

For housing help and advice

Contact Shelter Scotland's free housing advice helpline on 0808 800 4444 (calls are free from UK landlines and main mobile networks)

Visit the [Get Advice section](#) of this website for help online.

You can also get advice by using our web chat service accessible via this link: http://scotland.shelter.org.uk/about_us/contact_us

Get supporter information

Telephone our Supporter Helpdesk on 0300 330 1234 from Monday - Friday 9am-6pm excluding UK bank holidays. Please note we can't give housing advice on this number (Calling this number will cost you less than a local rate call).

Email info@shelter.org.uk.

Main Switchboard

0344 515 2000 (9am-6pm Mon-Fri, excluding UK bank holidays)
Please note we cannot give housing advice on this number

Address: Shelter Scotland, 4th floor, Scotiabank House, 6 South Charlotte Street, Edinburgh, EH2 4AW

Shelter Head Office: 88 Old Street, London, EC1V 9HU

<http://www.shelterscotland.org>

11.19 The Osprey Group (formerly Aberdeenshire Housing Partnership)

The Osprey Group incorporates Osprey Housing formally Aberdeenshire Housing Partnership and Osprey Housing Moray formally Moray Housing Partnership which are Independent not for profit businesses with objectives based on providing and managing high quality housing across the North East of Scotland.

We are a dynamic enterprise with a clear social responsibility committed to providing quality affordable housing. We generate and reinvest surpluses in order to build and manage homes across a range of tenures and for a range of income groups. While we do have a particular focus on trying to help those in greatest housing need we also work to help respond to demands across all parts of the housing market.

The Osprey Group strives to manage our businesses imaginatively and inventively to benefit our tenants; future tenants and communities through our own activities and effective partnership working.

We are accountable to members and tenants, who live in or have other interests in the communities and places in which we operate. Our governing body member boards are independent; voluntary; protect our reputation and ensure our long term viability. There is no mandatory control or direction given by any other public body.

Regulation of the sector in which we operate is carried out by the independent Scottish Housing Regulator.

Contact: Osprey Housing

22 Abercrombie Court, Arnhall Business Park, Westhill
Aberdeenshire AB32 6FE

Telephone: [01224 548000](tel:01224548000)

Repairs Line: [01224 548001](tel:01224548001)

E-Mail: enquiries@ospreyhousing.ork.uk

Web Site: <https://www.ospreyhousing.org.uk/>

11.20 The Aberdeenshire Council Policies

Housing policies and strategies

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/>

Local housing strategy 2012-2017

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Housing>

Private housing

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Private>

Housing for particular needs

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Particular>

Housing options

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#options>

Energy efficiency

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Energy>

Neighbourhood issues

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Neighbourhood>

Repairs and maintenance

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Repairs>

Tenancy agreement

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Tenancy>

Tenant participation

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Tenant>

Gypsy travellers

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Gypsy>

Homelessness

<http://aberdeenshire.gov.uk/housing/housing-policies-and-strategies/#Homelessness>

12 LEGAL ASSISTANCE AND ADVICE

12.1 Capability Scotland (all Scotland)

Capability Scotland offer advice and support on accessing services such as community care and other general disability issues. It does not offer any legal advice but may be useful if you are looking for information on applying for welfare benefits or community care services amongst other things.

Contact

Capability Scotland: Head Office, Westerlea, 11 Ellersly Road, Edinburgh EH12 6HY

Telephone: 0131 337 9876

Text phone: 0131 346 2529

Facsimile: 0131 346 7864

E-mail: directly from the website

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

12.2 Citizen's Advice Scotland (all Scotland)

CAS is the umbrella organisation for Citizens Advice in Scotland. They generally specialise in areas such as housing, debt and welfare benefits. Some offices may have experience in more specialised areas such as immigration.

Got a consumer issue: 03454 04 05 06
or [find out more online](#)

<http://www.adviceguide.org.uk/scotland>

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

12.3 Equality and Human Rights Commission

We have a statutory remit to promote and monitor human rights; and to protect, enforce and promote equality across the nine "protected" grounds - age, disability, gender, race, religion and belief, pregnancy and maternity, marriage and civil partnership, sexual orientation and gender reassignment.

One of our key roles is to provide advice and guidance on rights, responsibilities and good practice, based on equality law and human rights

Advice and guidance for:

- [Young People](#) - Information to help young people understand their rights to equality.
 - [Public bodies](#) - Guidance on the additional legal duties that apply to public bodies to promote equality.
-

- [Advisers](#) - Information and resources for those who advise the general public about equality and human rights.
- [Business](#) - Guidance and resources for SMEs and larger businesses to implement equality and diversity.
- [Human rights practitioners](#) - Human rights practical guidance resource for people working in the public sector or in organisations carrying out public functions.
- [Women - human rights guide](#) - 'A Lever for Change' - how to use the CEDAW Convention to guarantee the rights of women and girls.
- Toolkits
- [Supporting trans people at work](#) - Guidance on recruiting transgender staff and managing the gender transition of existing employees.
- [Good equal pay practice](#) - Resources for small business and large employers including how to undertake equal pay audits.
- [Managing new and expectant parents](#) - Guidance to help employers manage, support and retain employees who are new or expectant parents.
- [Domestic abuse and mental health is your business](#) - Resources for employers to address domestic abuse and mental health.
- [Using your human rights](#): How to take action if you think your human rights might have been breached.
- [Guide to the UN disability convention](#) - How to use this human rights convention to make rights a reality for disabled people.

Contact: Equality, advisory and support service

Contact details for the EASS are as follows:

Phone: 0808 800 0082

Text phone: 0808 800 0084

Website: <http://www.equalityadvisoryservice.com/>

Post: FREEPOST Equality Advisory Support Service FPN4431

Opening hours: 09:00 to 20:00 Monday to Friday

10:00 to 14:00 Saturday

Closed on Sundays and Bank Holidays

<http://www.equalityhumanrights.com/scotland>

12.4 Kindred (all Scotland)

Kindred only deal with children and young people up to the age of 24 It offers advice on Community care, issues involving the Disability Discrimination Act, Education and Welfare Benefits

Contact

Helpline: 0131 536 0583

Text phone: 0131 536 0360

Email: kindred.enquiries@gmail.com

<http://www.kindred-scotland.org>

12.5 LEAD Scotland (Linking Education and Disability)

Lead Scotland, (Specialists in Linking Education and Disability), is a voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland

Contact

Email: enquiries@lead.org.uk

Telephone [0131 228 9441](tel:0131 228 9441)

Text phone users (18001) 0131 228 9441

Fax 0131 229 6941

Address: Lead Scotland, Princes House, 5 Shandwick Place,

Edinburgh EH2 4RG

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

Contact Susan Hughes, Lead Scotland Learning Co-ordinator, for more information about Lead's services in Aberdeenshire.

Email: shughes@lead.org.uk

Telephone: 07768917504

Address: Lead Scotland, Princes House, 5 Shandwick Place,

Edinburgh EH2 4RG

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

12.6 Law Centres Network

Law Centres are not-for-profit legal practices providing free legal advice and representation to disadvantaged people. There are 56 Law Centres staffed by solicitors and barristers who specialise in areas of civil law including employment, housing, discrimination, welfare benefits, education and immigration.

Law Centres are embedded in their communities and answer to committees of local people. They assist vulnerable people when they suffer injustice, educate people about their rights and tackle local problems. In doing so, they transform people's lives, helping them to stay in their homes, keep their families together and get into employment or education. Law Centres are members of the Law Centres Federation.

Contact

Website: <http://www.lawcentres.org.uk>

12.7 Scottish Independent Advocacy Advice (all Scotland)

SIAA is an umbrella organisation of advocacy groups. They should be able to put you in contact with an advocacy group in your area. They are generally not legally qualified but may be able to help and support you in resolving minor issues.

Independent advocacy is about speaking up for an individual or group. Independent advocacy is a way to help people have a stronger voice and to have as much control as possible over their own lives. Independent Advocacy organisations are separate from organisations that provide other types of services

Contact

The Scottish Independent Advocacy Alliance

London House, 20-22 East London Street, Edinburgh, EH7 4BQ

Tel: 0131 556 6443

Fax 0131 550 9819

Email: enquiry@siaa.org.uk

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

12.8 Scottish Law Society

(For help with finding a solicitor)

Contact

Edinburgh office: 26 Drumsheugh Gardens, Edinburgh EH3 7YR

Email: Edinburgh.office@lawscot.org.uk

Legal Post: LP1 - EDINBURGH 1

DX address: DX EDI 1, EDINBURGH

Office hours: 9am to 5pm, Monday to Friday

General enquiries

Telephone: +44 (0) 131 226 7411

Text phone: +44 (0) 131 476 8359

Fax: +44 (0) 131 225 2934

Email: Lawscot@lawscot.org.uk

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

12.9 Scottish Child Law Centre

Free legal advice for and about children and young people - we can help you with any questions about Scots law relating to children and young

people. We are the only Law Centre in Scotland that works exclusively for children and young people. We provide services throughout the whole of Scotland.

We help children and young people, their families and carers, and professionals working for and with children by providing free expert legal advice and information through our advice line, email and text services.

We also provide a wide range of training on the law and children's rights to groups and individuals across Scotland, and offer a range of leaflets and publications on various legal issues. We do visits to schools and young people's organisations as well.

FAMILY DECISION MAKING Service

We work in conjunction with Children 1st (Parentline) and One Parent Families Scotland to provide this service. We provide advice and information for separating or separated families where children are involved. We will always put the welfare of the child first.

Contact

Address: Scottish Child Law Centre, 54 East Crosscauseway,
Edinburgh EH8 9HD

Advice Line: 0131 667 6333

Administration Line: 0131 668 4400

E-mail: enquiries@sclc.org.uk

Fax: 0131 662 1713

Freephone for Under 21's from Landlines: 0800 328 8970

Mobiles: 0300 330 1421

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

13 NATIONAL AND LOCAL SUPPORT GROUPS (SPECIFIC CONDITIONS)

13.1 Aberdeen and District Cerebral Palsy Association

Aberdeen & District Cerebral Palsy Association - also known as Cerebral Palsy Aberdeen or CPA - is a small, local charity whose prime function is to assist individuals of all ages and their families affected by cerebral palsy "CP".

The association complements the acute services provided by the NHS and assists with funding for services and equipment to help enrich the life of those who have cerebral palsy. Funding for a wide range of equipment is available such as lifts and hoists, sleep systems, frames and bespoke furniture, as well as educational aids such as special computers and laptops.

It is our aim to assist as many local people as possible and by doing so, to promote a sense of personal wellbeing and an enhanced quality of life for sufferers and we are in a position to do so as a result of income raised through both fundraising activities and donations.

All applications for funding require written support from a health professional e.g. GP, health visitor or physiotherapist.

Apply For Funding

To Apply for Funding you need to complete and submit a web form.

Please start by selecting the relevant form:

[Individual Application](#) | [Project Application](#)

Contact:

Email: enquiries@adcpa.org.uk

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

13.2 Aberlour Child Care Trust / Aberlour Options – Aberdeen

Aberlour Options Aberdeen supports children who have complex physical, learning, sensory and emotional needs and autistic spectrum disorders. Aberlour Options Aberdeen provides a range of services to children and families across Aberdeen city as well as other local authority areas, including Aberdeenshire and Highland councils. We can provide support at home, in the community, overnight stays, adventure breaks and outreach services. The service can also offer flexible learning pathways and supports in school through our inclusion service. Referrals can be made by Social Work teams and schools as well as individual families with a Direct Payment or Self Directed Support budget.

Contact: Service Manager: Sarah Calder

Email: sarah.calder@aberlour.org.uk

Tel: 07854958112

Additional Addresses: Aberlour Child Care Trust, 36 Park Terrace
Stirling FK8 2JR

Tel: 01786 450335

Email: enquiries@aberlour.org.uk

Address: 10 Hopetoun Court, Bucksburn, Aberdeen AB21 9QS

Phone: 01224 714210

Website: <http://www.aberlour.org.uk/options-aberdeen.aspx>

13.3 ACT - Together for Short Lives

The new name for ACT and Children's Hospices UK

We are the UK voice for all these children and young people and their families - as well as the organisations and people that support them.

Our aim is to ensure that all life-limited and life-threatened children, young people and their families have the best quality care and support from the moment of diagnosis, wherever they live and for as long as the need it.

We support children's palliative care organisations by campaigning and lobbying governments to ensure their voice is heard; helping care staff be at the cutting edge of children's palliative care; making everyone know about their vital work and raising funds to ensure they are sustainable.

Contact: Together for Short Lives

Helpline: **0808 8088 100**

Address: New Bond House, Bond Street, Bristol, BS2 9AG

Telephone (Urgent Enquiries): 0117 989 7820

Email: from the website at:

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

13.4 Action for Sick Children Scotland

Action for Sick Children Scotland is the only charity in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of ALL sick children and young people within our healthcare system

Our work includes:

- ☐ Working with others to ensure that health services are planned for sick children and young people in child-centred environments with appropriate ratios of trained staff
 - ☐ Informing young people, parents and carers of their rights and responsibilities and empowering them to participate in decisions about the treatment and care of their child
-

- Raising awareness and representing children's needs and concerns within Government, healthcare committees and other Non-Governmental organisations
- Promoting high quality healthcare services at home and in hospital, while working to obtain equality of services and access across Scotland

Contact

Address: 22 Laurie Street, Edinburgh EH6 7AB

Tel: 0131 553 6553

Email: enquiries@ascscotland.org.uk

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

13.5 Action On Hearing Loss Helpline

We have a team of trained, dedicated and professional information line officers. We provide free, confidential and impartial information to deaf and hard of hearing people, their families, friends, and professionals.

We can provide information on a number of subjects including: hearing aids, health care, benefits and services, deaf awareness, communication, equipment, rights, tinnitus

We can also answer your questions about Action on Hearing Loss and the work that we do, including our vision and our values.

We will try to answer any question about hearing loss or tinnitus - give us a try.

Contact: Action on Hearing Loss

Information Line: Telephone 0808 808 0123 | Text phone 0808 808 9000 | SMS 0780 0000 360

informationline@hearingloss.org.uk

Action on Hearing Loss Tinnitus

Information Line: Telephone 0808 808 6666 | Text phone 0808 808 9000 | SMS 0780 0000 360

tinnitushelpline@hearingloss.org.uk

Website: <http://www.actiononhearingloss.org.uk>

13.6 Action on Pre-Eclampsia

Pre-eclampsia is an illness arising only in pregnancy which can affect the mother, her unborn child, or most commonly, both. It can occur at any time from around twenty weeks to as late as several days after delivery. In the mother, the condition causes a number of symptomless disturbances – including raised blood pressure (hypertension) and leakage of protein in the urine (proteinuria) – which can progress to serious illness if undetected.

Contact Action on Pre-eclampsia

The Stables, 80 B High Street, Evesham, Worcestershire WR11 4EU

Email: info@appec.org.uk

Or: chief.executive@appec.org.uk

Phone: 01386 761848

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

13.7 Addison's Disease Self Help Group

Registered charity 1106791

Addison's disease is a rare, endocrine condition brought about by failure of the adrenal glands. It needs life-long daily treatment with replacement steroid medication, and occasional emergency treatment to prevent a life-threatening adrenal crisis.

The ADSHG works to support people with adrenal failure and their families, and to raise medical awareness of this rare condition. Founded in 1984, it became a registered charity twenty years later and is run by an elected committee of trustees and volunteers. Group activities include a private members' discussion forum, social meetings, an annual medical lecture, a quarterly newsletter and the publication of medical information and schools education leaflets and posters. The Addison's Clinical Advisory Panel is an informal group of endocrinologists with an interest in adrenal medicine, which advises the ADSHG.

Contact: Online by email

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

13.8 Adrenoleukodystrophy (ALD)

ALD Life supports those affected by adrenoleukodystrophy (ALD) and adrenomyeloneuropathy (AMN).

We offer practical, emotional and financial support worldwide, research funding, an advisory service for new and existing diagnoses, education for medical professionals, schools and social services and advice on best practice within the NHS.

Contact us at

ALD Life, 45 Peckham High Street, London SE15 5EB.

Tel: 020 7701 2628

Email: info@aldlife.org

<http://www.aldlife.org>

13.9 Advisory Council for the Education of Romany and other Travellers (ACERT)

ACERT WORKS FOR:

- Equal access to education for Gypsies, Roma and Travellers (GRT)
- Safe and secure accommodation for Gypsy, Roma and Traveller families
- Equal access to health and other community services for Gypsy, Roma and Traveller families
- Good community relations and so endeavours to end discrimination against Gypsies, Roma and Travellers on racial and other grounds

Contact

Details of the committee are available through the website:

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

13.10 Aid for Children with Tracheostomies

Aid For Children with Tracheostomies – ACT, is a Parent Support Group and registered charity run by people who have all dealt with tracheostomy care at some stage in life. We aim to offer support and advice to those who come into contact with a child who has a tracheostomy. ACT as an organisation is non-profit making, it links groups and individual members throughout Great Britain and Northern Ireland. The membership is diverse comprising families who have a child with a tracheostomy, plus consultants, doctors, nurses, speech therapists and physiotherapists, health visitors, fundraisers and sympathisers

Contact: details on the website

<http://www.actfortrachykids.com/>

13.11 Albinism Fellowship

The Fellowship is a positive and sociable volunteer-run organisation that aims to provide information, advice and support for people with albinism and their families. We also provide information about the condition to professionals working with people with albinism, and other appropriate interested parties.

Our focus is on the United Kingdom & Ireland, but we also work closely with other albinism support groups [around the world](#).

For the latest news from the Fellowship and details of upcoming events, please see the [News & Events](#) section.

For information about our mission, the services we offer, how to join and how you can support our work, please see the [About the Fellowship](#) section.

For general information and articles about albinism, along with personal stories from people with albinism, please see the [About Albinism](#) section.

If you have any queries about albinism or the Fellowship, please [get in touch](#).

Contact:

Telephone: 01282 771900 (answerphone available)

Address: Albinism Fellowship, P O Box 2535, Ilford, IG1 8NY

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

13.12 Allergy UK

Allergy UK is the leading national charity dedicated to supporting the estimated 21 million allergy sufferers in the UK. We provide a dedicated helpline, support network and online forum for those with allergy and intolerance. We also help and support to educate health care professionals who work with patients with allergic conditions.

An allergy is the response of the body's immune system to a normally harmless substance, such as pollen, food, or house dust mite. The body has an automatic reaction to what it sees as a threat, and while in most people these substances pose no problem, in those with allergies the immune system identifies them as a threat and produces an inappropriate response to them. Allergies are classified into IgE mediated and non-IgE mediated allergies. Allergy is widespread and affects approximately one in four of the population in the UK at some time in their lives. Each year the numbers are increasing by 5%, with as many as half of all those affected being children.

Contact

The Allergy **Helpline: 01322 619898** (The Helpline operates from 9am to 5pm Monday to Friday)

Postal Address: Allergy UK, Planwell House, LEFA Business Park
Edgington Way, Sidcup, Kent DA14 5BH

Allergy Helpline: 01322 619898

General Enquiries: info@allergyuk.org

<http://www.allergyuk.org>

13.13 Alopecia-online UK

Meeting and talking to other people in the same situation as ourselves can be a valuable experience. A great way to do this is by attending an Alopecia UK support group or an event meeting. The support group leads are people who have personal experience of alopecia areata and along with members of the support group can help to give insight and advice on living and dealing with alopecia areata on a day to day basis. Support group leads are not professional counsellors and meetings are to help individuals cope with the changing aspects of alopecia on a practical level.

This is a voluntarily run service, which at times, may hold their meetings in salons or at suppliers venues to benefit from free room hire. Whilst Alopecia

UK does not endorse or recommend products, there may be instances when support group leads invite suppliers to give informative talks. If a supplier is in attendance the aim will be to educate, inform and offer advice rather than offering goods for sale.

Alopecia UK has a supplier directory where the companies listed have paid to be included. This payment covers the costs of maintaining the directory and supports the work of Alopecia UK, as well as, sometimes, offering members a discount.

Contact

Address: Alopecia UK, PO Box 341, Baildon, Shipley, BD18 9EH

Tel: 07763293687

Email: info@alopecia.org.uk

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

Scottish Alopecia Support Group

Meetings will be monthly by rotation in Dundee, Edinburgh and Aberdeen. Refreshments will be available and there may be a charge to cover costs depending on the venue but we will let you know in meeting notification. Our group is for everyone in need of support – men, women, parents and children. Please note that children must be accompanied to meetings by parents or another adult.

Contact – Andrea Craig

Email: fife@alopecia.org.uk

Tel: 07703622 398

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

13.14 Anaphylaxis Campaign

Supporting people with severe allergies

What we do:

- Support individuals and carers
- Partner with clinicians
- Work with the food industry
- Provide information and training
- Campaign for access to allergy services

Contact: The Anaphylaxis Campaign

1, Alexandra Road, Farnborough, Hants GU14 6BU

Tel: 01252 546100

Helpline: 01252 542029

Fax: 01252 377140

Email: [online](#)

Website: <http://www.anaphylaxis.org.uk/>

13.15 National Ankylosing Spondylitis Society (NASS)

More than 200,000 people in the UK have AS. We're fighting to improve treatment and care to help people with AS take control of their lives. And with your support, we're funding research to help beat AS.

NASS provide support, advice and information to people with AS. We are committed to keeping people as informed as possible about AS. We believe that people who understand their AS and how it should be managed will have the best possible outcome.

NASS currently have [90+ branches](#) across the UK that provide regular physiotherapy and hydrotherapy to people with AS.

The branches meet for regular exercise in a gym, [hydrotherapy](#) pool or both, with a qualified physiotherapist. Some of our branches are more than 30 years old and still have original members regularly attending sessions.

Most branches meet on a weekly basis, ensuring that they are able to access tailored physiotherapy as often as possible to help their members live well with AS.

Contact: National Ankylosing Spondylitis Society
4 Albion Court, Hammersmith, W6 0QT

Tel: 020 8741 1515

Email: admin@nass.co.uk

If you would like to speak to Sally or Paul for support and information about AS please call:

Information line: 020 8741 1515

Sally and Paul are available between 09:00 and 12:00 Monday to Friday to answer calls.

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

Aberdeen branch

The Aberdeen branch was started in 2002 to provide support and help to people with AS and to develop and maintain a regular exercise programme. There are several physiotherapists who form a rota, however there are always two qualified physiotherapists in attendance on an evening. Access to the Physiotherapy Departments hydrotherapy pool is also available for those who feel unable to take part in the exercise classes. Maintaining an exercise regime is one of the most important things people with AS can do for themselves. And the classes are an ideal forum to help in developing an exercise regime that suits your condition and where advice can be sought.

Classes (gym and pool) are currently held on a Wednesday evening between 19.00 and 20.00, with a short break during the summer and over Christmas.

The classes include floor exercises, access to exercise machines and take the form of both cardiovascular and circuit workouts. The hydrotherapy pool session runs in parallel so you can decide on the night what your preference is. To attend these classes you should be diagnosed with AS; at your initial attendance, you may be assessed by the physiotherapist in charge for your fitness to participate.

Aberdeen

Hydrotherapy and Gym Exercise

Day: Wednesday 19.00 – 20.00

Venue: South Block - Physiotherapy Department, Woodend Hospital, Eday Road, Aberdeen, AB15 6XS

Cost: £5 per session (£3 concessions)

Transport: Local Bus Service - First (Aberdeen) Tel 01224 650065. Car parking on site (free)

Join/info: Graeme on +44 (7771) 937316

<http://www.nass.co.uk/nass-near-you/aberdeen>

13.16 Anorchidism Support Group (ASG)

ASG is a national / international support group that was founded in 1995, we offer help, support and advice to parents and persons affected by the condition Anorchidism. Anorchidism is a very rare condition. It is congenital absence of the testes, many doctors and professionals may have never come across this during their profession.

The name or term 'anorchidism' may not be given by doctors to parents when their child is first diagnosed, they may just say that 'he has no testes', or other doctors may refer to this by different names: VTS (Vanishing Testes Syndrome) or TRS (Testicular Regression Syndrome), or even Anorchia.

For a parent, the discovery that their child has any kind of specific condition or disability is one of the most devastating experiences that they will live through. Many families comment on how isolated they feel by this news and how difficult it can be to find relevant information no matter what the diagnosis.

The Anorchidism Support Group provides a means of networking with affected families as well as education and information.

Contact:

Email: [online](#)

Tel: 01708 372597 (Monday - Saturday 9am - 6pm)

<http://www.asg4u.org>

13.17 Anxiety UK

Anxiety UK is a national registered charity (Number 1113403) formed in 1970 years ago by a sufferer of agoraphobia for those affected by anxiety disorders. Today we are still a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders, supported by a high-profile medical advisory panel.

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy. We work regularly with external agencies and healthcare professionals to improve services for those living with anxiety disorders. We also campaign to raise awareness of anxiety disorders.

Through our membership we can provide support and help if you've been diagnosed with, or suspect you may have an anxiety condition. We also have resources you deal with specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights – in fact, any fear that's stopped you from getting on with your life. With our help you can start to recover your confidence and forget your fear.

Contact: Anxiety UK

Zion Community Resource Centre, 339 Stretford Road, Hulme,
Manchester M15 4ZY

Tel: 08444 775 774 (open Monday to Friday 9.30- 5.30 for information and advice)

General email: support@anxietyuk.org.uk

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

13.18 Arthritis Care Scotland

There are over 20 branches and groups across Scotland. The network is for people of all ages and backgrounds, to come together and enjoy great support and an opportunity to share in social and information activities. The branches are run by volunteers and offer: a social network support through sharing experiences information about managing arthritis an opportunity to generate awareness locally about arthritis and Arthritis Care And much, much more! You can also become a member of Arthritis Care (we are a membership organization) via an Arthritis Care branch or group but you do not need to be a member to take part in the activities. If you're interested why not come along to a meeting to experience the fun and friendship. Locate your nearest branch by following the links on the left/right or by calling the Scotland Office on 0141 954 7776

HELPLINE: 0808 800 4050

Contact: Arthritis Care, Edward House, 283 West Campbell Street, Glasgow G2 4TT

Area Development Manager
Tel 0141 954 7776
Email: scotland@arthritiscare.org.uk

Website: <http://www.arthritiscare.org.uk/scotland>

Aberdeen branch

The branch meet at 7.00 pm on the first Tuesday of the month in March, April, September and October at Midstock Church Centre. A Christmas dinner is held in December. Meetings include entertainment and social events along with craft demonstrations. The branch also organises outings and holidays, with weekly transport organised to and from Lovat Lodge hotel in Nairn.

Inverurie and district Branch

The branch meets at 7.30pm on the second Thursday of the month at the Royal British Legion, Inverurie. Meetings include film shows, heritage talks, concerts and musical evenings. The branch also organises bus outings, Christmas parties, Burns suppers and quiz nights.

Peterhead and district Branch

The branch meets at 7.30pm at the Palace hotel, Prince Street, Peterhead. Meetings include entertainment, refreshments, a raffle and lots of chat. The branch also organises a Christmas meal, and a summer outing. Transport is available to and from meetings.

Stonehaven

The branch meets at 7.30pm on the last Tuesday in the month at Invercarron Resource Centre, Lowood Road, and Stonehaven. Meetings include social events, entertainment and medical talks about arthritis. The branch also organises an annual summer outing and a Christmas party.

13.19 Aspire

Aspire provides practical help to people who have been paralysed by Spinal Cord Injury, supporting them from injury to independence. Aspire is a national charity that provides practical help to people who have been paralysed by Spinal Cord Injury; it can happen to anyone at any time and no one is prepared for how it will change their life. Aspire exists because there is currently no cure. We provide practical help to spinal cord injured people in the UK so that they can lead fulfilled and independent lives in their homes, with their families, in work places and in leisure time.

The individual affected will lose muscle and sensory control and the vast majority become full time wheelchair users for the rest of their

lives. Historically, the majority of spinal cord injuries have been sustained by those aged 21 to 30, with nearly three quarters of newly injured people being male, although increasingly it is affecting older people too.

Through its projects and programmes, Aspire offers practical support to the 40,000 people living with a spinal cord injury in the UK so that they can lead fulfilled and independent lives in their homes, with their families, in work places and in leisure time.

Our services include: [Aspire Grants](#), which gives funds to help people buy the specialist equipment they need; [Aspire Housing](#) provides fully accessible properties for use on a short-term basis while someone is adapting their property or looking for a permanent home; [Aspire Independent Living Advisors](#) work in the Spinal Cord Injury Centres providing advice and guidance to patients; [Aspire's Assistive Technology](#) facilities ensure that everyone, regardless of the level of their injury, has independent access to a computer; Aspire's free [Welfare Benefits Advice Service](#) provides appropriate advice and support, and [Aspire campaigns](#) to make changes that benefit every one of the 40,000 people in the UK with a spinal cord injury.

Contact: Aspire
National Training Centre, Wood Lane Stanmore,
Middlesex HA7 4AP

Tel: 020 8954 5759

Email: reception@aspire.org.uk

[Aspire Grants](#) Tel: 020 8420 6707

Email: grants@aspire.org.uk

[Aspire Housing](#) Tel: 020 8420 8950

Email: housing@aspire.org.uk

[Assistive Technology](#) Tel: 020 8420 6732

Email: technology@aspire.org.uk

[Independent Living](#) Tel: 020 8420 6735

Email: advice@aspire.org.uk

[Welfare Benefits Advice](#) Tel: 020 8420 6711

Email: welfarebenefits@aspire.org.uk

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

13.20 ASSIST Trauma Care

When trauma strikes it does so suddenly, completely out of the blue. A traumatic occurrence can take many forms - an attack, a transport incident, a fire, a bomb, war, a tsunami. What all these and many other traumatic incidents have in common is the enormous impact they have on the life of an individual or group of individuals and the overwhelming emotion generated. For those affected it feels as if life will never be the same again.

While no one would dispute the enormity of what has happened or that life can ever be the same again in some cases, especially if there has been bereavement, it is possible to recover from psychological trauma and there is help available to support people in doing so.

Many years of research have identified evidence-based therapies that can be used to help a person work through the impact and symptoms of trauma. At ASSIST Trauma Care we offer these evidence-based therapies, provided by qualified and experienced therapists, our aim being to help people to recover and move on with their lives.

At ASSIST we offer therapy to individuals and families, adults and children

Contact: ASSIST Trauma Care, 11, Albert Street, Rugby CV21 2RX

Helpline: 01788 560800

Office: 01788 551919

Fax: 01788 553726

Email: [online](#)

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

13.21 Association for Glycogen Storage Disease

The AGSD-UK provides support and help for individuals and families affected by Glycogen Storage Disease (GSD). It does this by putting people in contact, providing information, issuing Newsletters and holding Conferences and Workshops. Find out more about us and what we do by visiting our website.

Glycogen is a stored form of glucose, which is used as a fuel for energy. Glycogen Storage Disease occurs when there is an absence or deficiency of an enzyme needed to produce or break down glycogen. GSD primarily affects the liver and/or the muscles.

Contact: Association for Glycogen Storage Disease (UK) Limited

Old Hambledon Racecourse, Sheardley Lane, Droxford, SO32 3QY

Telephone: 0300 123 2790 Office hours, Monday to Thursday

Email: [online](#)

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

13.22 Action for M.E. Children's Services

Action for M.E. is the UK's leading charity for children and adults affected by Myalgic Encephalomyelitis. We take action to end the ignorance, injustice and neglect faced by people with M.E. We do this by working to improve the lives of people who are affected by this condition now, while taking action to secure change for the future.

Our Children and Young People's Service offers a range of support to young people who have M.E. and their parents/carers who have joined as Supporting Members or as Young Members - find out more about how to join us.

The Children and Young People's Service currently runs the following services (if you are already a young Action for M.E. member, and would like to ask about using any of these services, please get in touch with our Peer Support Manager):

- Dedicated information and helpline service

We run a dedicated information and helpline service for young members and their parents/carers. The service gives advice on health and education and supports families in crisis. You can access it by calling our Information and Support Officers.

- Young Members forum

Our young member's moderated forum is open to Action for M.E. members aged under 18 years. Here you can find friendship, support and advice from fellow forum members. Please note this is for Action for M.E.'s under 18 members only - and you can join for free today.

- Parent Members forum

An online space where parents and carers can get help and support from other parents and carers of young people who have M.E.

- Birthday cards

All children and young people receive a hand written birthday card from one of our team of volunteer card writers.

- Cheers

Our online magazine written especially for children and young people, giving young members the chance to write articles, send pictures in and be involved in the production of it.

- Christmas cards

All severely affected children and young people receive a handwritten Christmas card from one of our team of volunteer card writers.

- Buddy writer

Become a buddy writer and write to a SAM without expecting a reply back. Getting a letter in the post can make a huge difference to those who often are very isolated and too unwell to see their friends or talk to other people.

Contact

Telephone

Information and Support Line: 0117 927 9551 (select option 6)

Welfare Advice and Support Service: 0800 138 6544

E-mail

questions@actionforme.org.uk

Website

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

Facebook

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

Twitter

<https://twitter.com/actionforme>

Address: 42, Temple Street, Keynsham, Bristol BS31 1EH

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

13.23 Asthma UK (Scotland)

We're here for people with asthma when they need us. We provide expert advice from asthma nurses, fight for change like the smoke free laws, give teachers and healthcare staff the knowledge to save lives and fund research to find a cure.

Asthma UK Scotland supports the 368,000 people in Scotland with asthma by:

- * Keeping people with asthma in Scotland informed about the latest developments
- * Working across the health sector to improve services for people with asthma
- * Lobbying members of the Scottish Parliament, the Scottish Government and NHS Scotland to get a better deal for people with asthma
- * Working to raise the profile of asthma in the media and to keep people with asthma and people in the health industry informed about the latest developments in asthma care
- * Developing innovative projects.

Contact: Asthma UK Scotland, Hayweight House, 4th Floor, 23 Lauriston Street, Edinburgh EH3 9DQ

Tel: 0131 281 0874

Email: scotland@asthma.org.uk

Advice line: 0300 222 5800 (9-5 Mon-Fri)

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

13.24 Ataxia UK

Ataxia UK works in two main ways: we fund research into finding treatments and a cure for ataxia, and we support people through our range of services. This section is divided into two main sections. Services we offer include:

- Our [Helpline](#) which is open Monday - Thursday 10.30 - 14:30
- A range of free information resources and publications, including a [quarterly magazine](#)
- Regular [events](#) around the country
- Support through local [groups and branches](#)

- A range of [grants](#) to help with the extra costs involved in having ataxia
- A [series of films](#) relevant to those living with ataxia

Contact

Address:

Ataxia UK

12 Broadbent Close

London

N6 5JW Telephone (Office): 020 7582 1444

Helpline: 0845 644 0606

Email: helpline@ataxia.org.uk

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

13.25 Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD)

This site isn't just about AD/HD! ADHD is a medical label given to a person displaying a batch of symptoms that may well overlap with other medical conditions like; Asperger's Syndrome, Dyslexia, Dyspraxia, OCD and similar neurological differences. You may well get diagnosed with one of these conditions with one consultant only to find you get diagnosed with a different label by different consultant. While we are left wondering which condition we really have or do we have more than one?

This site has used the term "hidden impairments" to look at issues regardless to whether your diagnosed with AD/HD or something else. This site is not just looking at all the difficulties caused by having a medical condition! It's also trying to promote skills and talents we have too!

With ADHD there is much debate going on around access to medical support and whether drugs are right or not to use! However not so much attention is given to whether people with AD/HD are able to experience participating with society on equal terms. So this site is keen to look at equal opportunities (discrimination) issues that people with ADHD and similar neurological conditions may experience.

This site is; attempting to open doors for people with hidden voices.

Contact

You can contact www.adhd.org.uk by using the e-mail address below. However, please ensure you have "ADHD pages" at the beginning of your subject entry.

Email: info@adhd.org.uk

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

13.26 Attention Deficit Hyperactivity Disorder - ADHD Aberdeen and North East Scotland

We are a group of dedicated volunteer parents and professionals who can offer support, advice and information to those with ADHD, their families and professionals.

We have regular parent to parent support meetings, talks and offer telephone support for those who wish to talk to someone about ADHD. At our meetings we talk about many different aspects of ADHD, how it affects those with a diagnosis of ADHD, how it affects us as individuals and also the family and we discuss strategies that we have found helpful. You are not alone in facing these issues.

Contact

Email: info@adhdaberdeen.org.uk

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

13.27 AFASIC

We are a registered charity which represents the interests of children and young adults with lived experience of communication impairments, working towards their inclusion in society and supporting their parents and carers.

What do we do?

- provide essential support for parents and carers
- provide training for parents, professionals and agencies
- promote the participation of children and young people
- provide publications for parents and professionals

Who for?

- Parents and carers
- Children and young people
- Professionals and other agencies

Contact us for more information about Afasic. You can write, phone or use the form below to email us. You can also join our networks on Facebook and Twitter

Helpline: 0300 666 9410

Email: [online](#)

[Address](#): 20 Bowling Green Lane, London EC1R 0BD

Tel: 020 7490 9410

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

13.28 Association for Children with Heart Disorders (Scottish)

The Association for Children with Heart Disorders is a Support Group run by families of cardiac children, for families with, or who have had, children with heart disorders. Scottish branches were formed in 1981. Groups of parents, bereaved parents and friends felt that they would like to help raise funds for the paediatric units in Scotland which care for children with heart disorders.

The objectives of the Association are:

- To advance the education of the public about the problems experienced by children and young adults with congenital heart conditions and their families.
- To relieve the suffering and distress, and promote the welfare of children and young adults with congenital heart conditions in particular by the support of parents and families, so that their conditions of life may be improved.
- We seek to:
 - Improve facilities for children and young adults at heart units and in hospitals throughout Scotland.
 - Maintain the standard of improvements as new techniques develop and to foster and encourage research into heart disorders and techniques.

To help achieve this we:

Raise funds and invite and receive contributions to help purchase essential specialised equipment that is not always forthcoming through normal National Health Service channels.

Aberdeen Contact:

Email: aberdeen@youngheart.info

Banff and Buchan Contact:

Joyce Bruce (Mintlaw)

Email: banffbuchan@youngheart.info

Bravehearts contact:

E-mail: bravehearts@youngheart.info

<http://www.youngheart.info>

13.29 Association for Multiple Endocrine Neoplasia Disorders (AMEND)

We are here to break the isolation so often felt by those with these rare diseases, and we would be delighted to welcome you into our 'family'.

The aim of our website is to direct you as quickly as possible to our support services and to information you can trust on multiple endocrine neoplasia (MEN) types 1, 2, and 3, medullary thyroid cancer (MTC), familial medullary thyroid cancer (FMTC), adrenal gland tumours (phaeochromocytomas), parathyroid hyperplasia, paragangliomas, familial isolated pituitary adenoma (FIPA) and succinate dehydrogenase (SDH) disorders

Contact

Email: [online](#)

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

13.30 Autism Independent UK

Autism Independent UK helps to increase awareness of autism to the notice of all, together with well-established and newly developed approaches in the diagnosis, assessment, education and treatment.

The main goal is to improve the quality of life for persons with Autism, giving them a chance to take their rightful place within their local community where they can live, work and play.

Contact Us: Autism Independent UK (SFTAH)

199-203 Blandford Ave, Kettering, Northants. NN16 9AT.

Email: autism@autismuk.com

Tel: 01536 523274

<http://www.autismuk.com>

13.31 Back Up – transforming lives after spinal cord injury

We are here to inspire independence in anyone affected by spinal cord injury and to encourage everyone to get the most from their lives. We work with people of all ages, from young children to the elderly, whatever the motivation or background.

We rely on a vital family of volunteers, mentors and skilled professionals, who provide unrivalled support and enthusiasm for our work and who help us deliver services that rebuild confidence and self-belief.

We help people realise their ambitions and overcome prejudice, creating the opportunity to transform lives.

Please visit the Back-Up Trust website

Contact: The Back-Up Trust

Jessica House, Red Lion Square, 191 Wandsworth High Street SW18 4LS

Tel: 020 8875 1805

Fax: 020 8870 3619

Email: admin@backuptrust.org.uk

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

13.32 Barnardo's

We run over 800 UK projects that transform the lives of more than 200,000 children, young people and families every year. Our work includes:

- fostering and adoption services and support
- helping children break free from sexual exploitation
- supporting young carers
- helping [children living in poverty](#).

Barnardo's transforms the lives of vulnerable children across the UK through the work of our projects, our campaigning and our research expertise.

Whatever the issue; from family drug misuse to disability; from youth crime to mental health; from sexual abuse to domestic violence; we can bring out the best in every child, and all children deserve the chance to fulfil their potential.

Contact

Address: Barnardo's Head Office: Tanners lane, Barkingside, Ilford, Essex IG6 1QG

Tel: 0208 550 8822

Barnardo's Scotland

Address: 111 Oxfangs Road North, Edinburgh, EH14 1ED

Telephone: 0131 446 7000

Fax: 0131 446 7001

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

13.33 Barth Syndrome Trust

Barth syndrome is a rare genetic condition that affects mostly boys

Main symptoms:

- Heart muscle weakness (cardiomyopathy)
- Neutropenia (lack of white blood cells needed to fight bacterial infections)
- Fatigue and general muscle weakness
- Growth/feeding issues

The Barth Syndrome Trust is a well-established community of families, medical professionals, scientists, donors and volunteers with links to other affiliates all around the world. We provide the most comprehensive source of reliable and current information about this condition and we invite you to visit our pages to find the information you seek.

We are dedicated to saving lives through education, advances in treatment, and finding a cure for Barth syndrome - a sometimes fatal, often debilitating genetic disease.

Contact:

Email *: [BST Email Contact Form](#)

Address: Barth Syndrome Trust, 1 The Vikings, Romsey, Hampshire

SO51 5RG

Telephone: +44 (0) 1794 518 785

* Email form: this link will direct you to the BSF website who will initially collect your enquiry and pass it onto us.

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

13.34 Beat (Beat Eating disorders)

Beat is the UK's eating disorder charity, with a vision to end the pain and suffering caused by eating disorders. We're a champion, guide and friend to anyone affected by these serious mental illnesses, giving sufferers and their loved ones a place where they feel listened to, supported, and empowered. We run phone and email helplines 365 days a year, message boards, and online support groups. We offer awareness training, regional support services, and a HelpFinder service to help people find treatment in their area.

Helplines (*open every day between 3-10pm*)

Help for adults

The [Beat Adult Helpline](#) is open to anyone over 18. Parents, teachers or any concerned adults should also call the adult helpline.

Helpline: 0808 801 0677

Email: help@b-eat.co.uk

Help for young people

The [Beat Youthline](#) is open to anyone under 25.

Youthline: 0808 801 0711

Email: fyp@b-eat.co.uk

Address: Unit 1 Chalk Hill House, 19 Rosary Road, Norwich, Norfolk, NR1 1SZ

Admin Tel: 0300 123 3355

Email: info@b-eat.co.uk

<http://www.b-eat.co.uk>

13.35 Beckwith-Weidemann Syndrome Support Group

Beckwith-Wiedemann Syndrome (BWS) is an overgrowth disorder.

- The syndrome is usually sporadic, but may be inherited.
- The incidence of BWS has been reported as approximately 1:15,000 births
- The clinical picture of this syndrome can vary from mildly to greatly affected.
- The most common features are a large tongue, an abdominal wall defect and increased growth, but there are many others.

- Some of the BWS children may be at risk of tumours..

The Beckwith-Wiedemann Syndrome Support Group was started in 1990 by a group of parents with BWS children to share problems and information and to act as a self-help group. It aims to promote both public and professional awareness of BWS and to support and encourage research

Contact: Bob and Gill Baker

Beckwith Wiedemann Support Group, The Drum and Monkey
Hazelbury Bryan, Dorset DT10 2EE

Tel: 01258 817573 (evenings) 07889 211000 (mobile)

Fax: 01202 205325

E-mail: r.baker881@btinternet.com

<https://www.bwssupport.com>

13.36 Behçet's Syndrome

The Behçet's Syndrome Society has been established as a charity for over 25 years and represents Behçet's disease patients and their carers in the UK. Equally importantly, we exist for those not yet diagnosed with Behçet's disease and those who think they may have Behçet's disease. Behçet's syndrome is a rare disease. Rare diseases are often misunderstood and are the orphans of the NHS; this is perhaps understandable given that GPs may never see a patient with Behçet's disease in their working life. However, for the undiagnosed Behçet's disease patient, this can prove to be a very difficult time.

Contact: Behçet's Syndrome Society, Kemp House 152 – 160 City Road,
London EC1V 2NX

HELPLINE: 0345 130 7329

Email: info@behcetsdisease.org.uk

Admin no: 0345 130 7328

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

13.37 Bipolar UK

Bipolar UK is the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers.

We provide a [range of services](#) to enable people affected by bipolar and associated illnesses to take control of their lives. Each year we reach out and support over 65,000 individuals through [our services](#) and [information/advice publications](#). We also work in [partnership](#) with research organisations and campaign for new developments to tackle key issues.

We believe the key to coping with bipolar is an early diagnosis, acceptance of the illness and adapting your lifestyle. Management of the illness can be achieved through strategies involving medication, health care, therapy and self-management.

We work to ensure all individuals with bipolar can manage their illness and lead independent lives. We endorse the principles of equality and diversity in all our activities. With the amazing support of our staff team, volunteers, members, service users, supporters and partnering organisations we all work to support individuals affected by bipolar.

Contact

Address: 11 Belgrave Road, London SW1V 1RB

Tel: 0333 323 3880

Fax: 020 7931 6481

Email: info@bipolaruk.org

<http://www.bipolaruk.org>

13.38 Bipolar Scotland

We provide information, support and advice to people who live with bipolar disorder and those who care for them. We also promote self-help throughout Scotland, and inform and educate about the condition.

Bipolar disorder (formerly known as manic depression) is a mental illness characterised by significant mood swings including manic highs and depressive lows. The majority of individuals with bipolar disorder experience alternating episodes of mania and depression. It is estimated that 2-3% of the population live with bipolar disorder.

Men and women of any age and from any social or ethnic background can develop the illness. The symptoms can first occur and then recur when work, studies, family or emotional pressures are at their greatest. In women it can also be triggered by childbirth or during the menopause.

The key to coping with bipolar disorder lies in early diagnosis, acceptance of the illness and adapting your lifestyle to increase your control over the symptoms. The illness can be managed through medication, psychological therapies and self-management.

Contact:

Address: Studio 1015, Mile End Mill, Abbeymill Business Centre
Seedhill Road, Paisley, PA 1 1TJ

Tel 0141 560 2050

info@bipolarscotland.org.uk

www.bipolarscotland.org.uk

13.39 Bipolar Aberdeen

Bipolar affective disorder, or manic depression as it is sometimes known, is a mental health illness thought to affect around 1 in 50 people at some point in their lives. It is a form of mental distress that affects someone's mood or behaviour.

Those affected experience mood swings from periods when they feel terribly low and depressed, and periods when they feel high and elated. They rarely may have delusions combined with loss of judgement and inhibitions. It is a cyclical, recurrent illness which can place great strain on both the individual and their family. The length of any one of these periods can vary between an hour and several weeks or longer. How often and how severe the mood swings are varies from person to person.

However, the condition can often be partly or wholly controlled by the right combination of medication, support and self-management.

The Symptoms of mania include:

- Increased energy
- Excessively high
- Extreme irritability
- Racing thoughts
- Talking very fast
- Little sleep needed
- Unrealistic beliefs
- Spending sprees
- Increased sex drive
- Abuse of drugs and alcohol
- Provocative behaviour
- Loss of Judgement
- Some people may experience psychosis

Symptoms of a depressive episode include:

- Lasting sad, anxious, or empty mood.
- Feelings of hopelessness
- Loss of interest in activities
- Slowness of thought
- Difficulty in making decisions and communicating with others
- Feelings of guilt or worthlessness
- Decreased energy
- Sleeping too much
- Thoughts of death and suicide
- Some people may experience psychotic depression

For further information check out following websites & documents

[The Royal College of Psychiatrists site on bipolar disorder](#): Readable and well researched information for the public.

Information from NHS Health Scotland: [Talking about bipolar affective disorder](#)

[Information from Bipolar Scotland](#): Downloadable leaflets and reports.

[Bipolar UK](#): National charity dedicated to supporting individuals with bipolar, their families and Carers. There are a number of publications available to download as [PDF files](#).

Contact:

Email: info@bipolaraberdeen.org.uk

Telephone: 0141 560 2050 (Bipolar Scotland, leave message for Bipolar Aberdeen)

Or write a letter to:

David Hutcheson
Thriepfield Cottage
Logierieve
Udny
Aberdeenshire
AB41 6PS

13.40 Bladder and Bowel Community

The Bladder and Bowel Community is a UK wide charity that provides information and advice on a range of symptoms and conditions related to the bladder and bowel. We provide support for a range of bladder problems and bowel problems.

If you have a bladder problem, whether its stress urinary incontinence or bladder weakness as its often known, overactive bladder, an urgent or frequent need to use the toilet, or difficulty in urinating, you will find information to help you regain control of your life.

If you are affected by bowel problems, you will find information ranging from constipation, diarrhoea and bowel (faecal) incontinence to more specific conditions like Diverticular Disease, IBS and Crohn's Disease.

Contact: Bladder & Bowel Community

7 The court, Holywell Business park, Northfield road, Southam CV47 0FS

Medical Helpline: 0800 031 5412

General enquiries: 01926 357220

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

13.41 BLISS – premature babies

Bliss is the UK charity working to provide the best possible care and support for all premature and sick babies and their families.

We believe that:

Babies should have the same rights as anyone else

The voices of babies and families must be heard

Driving quality and innovation in the NHS that will deliver improved care for premature and sick babies and their families

We achieve more by working together with individuals and organisations

We must always be able to demonstrate the difference we make to the lives of babies and their families

Contact: Bliss Scotland
PO Box 10091 Glasgow G719BZ
Telephone: 07920650546
Email: scotland@bliss.org.uk or hello@bliss.org.uk
Helpline Freephone 0808 801 0322
<http://www.bliss.org.uk>

13.42 Blood Ties Support

In April 2008 the Blood Ties Deep Vein Thrombosis support group was set up, to offer support to those who suffer from blood disorder and their families / carers.

Advice may also be available from guest professionals to answer questions, problems, and medication.

The group is now disbanded, but the founder is willing to be contacted

Contact: Founder: Mary Thomson
Tel: 01779 479155
Mobile: 07800 737097
Email: Blood.ties@btinternet.com

13.43 Bowel Cancer UK

Bowel Cancer UK is the UK's leading bowel cancer research charity and we're determined to save lives and improve the quality of life for all those affected by bowel cancer. Every year more than 3,700 people are diagnosed with bowel cancer in Scotland and around 1,500 people die from the disease. However, bowel cancer is treatable and curable especially if diagnosed early.

We undertake a range of activities in Scotland as part of our work to save lives and have a team based in Edinburgh. Free materials are available on good bowel health, symptoms and screening, as well as specialist resources for those with learning disabilities or young people who have received a bowel cancer diagnosis. We also offer awareness talks to workplaces and local community groups. More information on our work in Scotland can be found [here](#).

Contact

Address: Bowel Cancer UK (Scotland), Hayweight House, 4th Floor, 23 Lauriston Street, Edinburgh, EH3 9DQ
Tel: 0131 281 7351
Email: scotadmin@bowelcanceruk.org.uk

Website: <http://www.bowelcanceruk.org.uk>

13.44 Brain Injury Grampian (BIG) group

The BIG Group provides the opportunity for carers, and people with a brain injury, to meet together monthly for mutual support and activities.

Social evenings - Burns Night, Summer Social Evening

Quiz nights

Outings - activity days, day trips (transport is provided)

Guest speakers for carers about variety of issues such as respite, the effects of brain injury, housing, behaviours, related illnesses

Information for carers

Bowling Groups in Aberdeen / Aberdeenshire and Elgin which meet monthly

The BIG Group was set up in 2000 by carers of people who have experienced brain injuries and professionals working with those with a brain injury and their families. Members now include people who have experienced brain injury.

The BIG Group is affiliated to Headway.

Contact:

Secretary; Joke Wardle

joke.wardle@gmail.com

<http://www.big-grampian.org.uk>

Additional Addresses: Headway - Scotland Development Office

Blackford Pavilion, Astley Ainslie Hospital, 133 Canaan Lane

Edinburgh EH9 2HL

Tel: 0131 537 9481

Email: headway.scotland@lineone.net

13.45 Brain Tumour UK

The diagnosis of a brain tumour can be devastating. At The Brain Tumour Charity we understand this and the wider reaching impact on family and friends. When you need support or information, help understanding what you've been told or someone to talk to, we're here for you. We provide the expert support and information you need, when you need it.

Support and Information from The Brain Tumour Charity.

Our Support and Information team can guide you through the signs and symptoms of brain tumours, the treatment you may receive and help you understand how having a brain tumour may affect different aspects of your life.

We have received Information Standard certification as a provider of high quality health and social care information and are members of the Telephone Helplines Association.

Contact

Support and Info line - 0808 800 0004

Head office: Tower House, Latimer Park, Chesham, Bucks HP5 1TU.

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

Grampian Support Group

Everyone is welcome to join The Brain Tumour Charity's support group in Grampian run in partnership with CLAN Cancer Support (120 Westburn Road, Aberdeen AB25 2QA. Telephone: 01224 640802)

The meetings will be monthly and are aimed at patients, families and friends of those diagnosed with a brain tumour.

Meeting times vary, for more information contact CLAN Cancer Support on 01224 647000

<https://www.thebraintumourcharity.org>

13.46 Breast Cancer Care

Our vision

- We want every person affected by breast cancer to get the best treatment, information and support.
- We combine the personal experiences of people affected by breast cancer with clinical expertise, using this in a unique way to:
 - provide information and offer emotional and practical support
 - bring people affected by breast cancer together
 - campaign for improvement in standards of support and care
 - promote the importance of early detection.

Scotland Information and services:

Contact

Tel: **0808 800 6000**

Services email: sco@breastcancercare.org.uk

Address: Breast Cancer Care

Chester House, 1-3 Brixton Road, London SW9 6DE

Tel: 0345 092 0800

Email: info@breastcancercare.org.uk

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

13.47 British Acoustic Neuroma Association

BANA is a small national charity that supports people who have been diagnosed with an Acoustic Neuroma and their support networks. We are the only national UK charity dedicated to Acoustic Neuroma, related symptoms and effects.

Our mission is to support people to help themselves, we strive to connect, support, share experiences, reduce social isolation, improve mental health. We support innovative research projects moving to a place where Acoustic Neuroma is no longer a life changing diagnosis. To do this we offer a number of services including area support groups, quarterly magazine, member only network forums, and information sheets, a listening ear project. BANA is self-funding, relying on members and supporters to fundraise and donate.

Contact:

BANA: Tapton Park Innovation Centre, Brimington Road, Chesterfield
Derbyshire. S41 0TZ

Tel: 01246 550011

E-mail: admin@bana-uk.com

Visit: <http://www.bana-uk.com>

13.48 British Association of Skin Camouflage

Our main objective is to alleviate the psychological, physical and social effects that an altered image can have on someone's life by the simple application of specialised skin camouflage products. Founded in 1985, BASC is an independent association, which is not affiliated to any industry, company, organisation or authority

We continually campaign for a better understanding of the psychological and social-economic problems associated with an image that may be considered different to others. We are dedicated to providing a skin camouflage service for people of all ages.

We have a nationwide network of fully trained members who are able to offer a consultation service. BASC is internationally acknowledged as the leading provider for training professionals in this specialism

Contact

British Association of Skin Camouflage

Address: PO Box 3671, Chester, Cheshire CH1 9HQ

Telephone: 01254 703 107

Our office hours are Monday to Friday, 10am to 4pm

Email online from the website at:

<http://www.skin-camouflage.net>

13.49 British Cardiac Patients Association

Have cardiac problems, are awaiting investigations, tests and/or are expecting heart surgery, have had heart surgery, care for someone who has. Support, reassurance and practical advice is freely available for patients, their families and carers.

Patient Family and Carer Support: Many patients and their families find that life after a heart attack or the discovery of other cardiac problems, the prospect of investigations, tests and/or the possibility of heart surgery extremely worrying.

Information received could sometimes be misunderstood or misinterpreted. It may well be a relief to share any misgivings, doubts or fears with someone who has successfully passed through those same anxious times.

If you feel it would be of benefit to talk to someone, do not hesitate to call one of your local helplines. Your call will be completely confidential

Contact: BCPA Head Office, 15 Abbey Road, Bingham,

Nottingham NG13 8EE

Tel: 01949 837070 (manned 24/7)

Helpline: 01223 846845 (office hours only)

Email: Admin@BCPA.co.uk

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

13.50 British Heart Foundation

If you or someone close to you has a heart condition or if you are keen to look after your own heart health, we're here to help. Whether you are looking for information, need support or want to find out about our Heartstart training programmes or fundraising opportunities find out about how we can help.

Contacts

Address: British Heart Foundation, Lyndon Place, 2096 Coventry Road, Sheldon Birmingham B26 3YU

Tel: 0300 330 3322

Email: [online](mailto:online@bhf.org.uk)

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

13.51 Kidney Care UK

How might Kidney Care be able to help me?

Financial aid

We can help with the cost of domestic bills such as car insurance and tax,

heating costs, telephone installations and television licences. We may also help with the purchase of domestic goods like washing machines and carpets.

Further education and training

We may be able to cover the cost of university or college fees where appropriate, or the cost of books, equipment or other expenses involved with educational and job opportunities.

Holidays

We give grants to individuals and families towards the cost of a basic holiday in the UK or overseas. The grant can be used to cover the total cost if it is modest, or it can be used as a contribution towards the final cost of the holiday. We also fund children's activity holidays that are organised by paediatric renal units.

We also offer counselling services and advocacy support for kidney patients and their families. For more information about the different ways that we can help, including downloadable grant application forms go to www.kidneycareuk.org

Contact

Kidney Care UK

3 The Windmills, St Mary's Close, Turk Street, Alton GU34 1EF

Telephone: 01420 541424

Fax: 01420 89438

Email: info@kidneycareuk.org

www.kidneycareuk.org

13.52 British Liver Trust

Liver disease is the fifth largest killer in the UK. We are here for everyone affected by liver disease, wherever they are in the UK.

- We support patients so they don't have to face liver disease alone
- We campaign to improve awareness so people are aware of the risks to the liver
- We lobby for improved services for liver patients
- We fund research to find the causes and treatments of liver disease
- We work right across the country from Scotland to Northern Ireland, Wales and England.

Our key activities are:

- Patient services, which include: this website, an information line, a range of informative and detailed publications, and our nationwide network of patient support groups
- Improving awareness of the risks and causes of liver disease, including our annual campaign Love Your Liver
- Research into the causes and treatments of liver disease, when funding allows, to reduce the impact and incidence in the future

- Supporting health professionals to deliver high standards of care and support to those affected
- Ensuring patients have a voice at local and national government level
- Educating the public about the risks and how to avoid them

The Trust's Information Line (0800 652 7330) is an important first point of telephone contact for many people, whether suffering from liver disease themselves or for those concerned about relatives, friends or colleagues.

Contact us: British Liver Trust, 6 Dean Park Crescent, Bournemouth, BH1 1HL

General enquiries: 01425 481320

Email: info@britishlivertrust.org.uk

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

13.53 British Lung Foundation

The British Lung Foundation (BLF) have many services on offer to help everyone living with or affected by lung disease. The information and advice the BLF provides aims to make those affected by lung disease feel more in control of their condition.

The support the BLF offers includes:

- Breathe Easy support groups - these are member-led, local groups where you can go to meet other people affected by lung disease, chat and make friends and get involved with all sorts of activities. There are more than 230 groups across the UK
 - Information - getting the right information at the right time is so important to maintain control of a lung condition and life. The BLF can provide information on everything relating to a respiratory condition from symptoms and treatment, to the types of support available. The BLF website has all the facts, or printed information can be ordered, often free of charge.
 - Helpline - the helpline is available to everyone affected by lung disease. A team of respiratory nurses, welfare benefits advisers and assistants offer free, confidential and impartial advice on diagnosis, treatment, financial help and practical issues.
 - Web community - the web forum enables those living with and affected by lung disease to connect with people in the same situation, to share experiences and ask advice. There are currently over 26,000 followers.
 - Love Your Lungs awareness campaigns - the Love Your Lungs awareness campaign and lung testing events happen all around the country. People in the local area can get their lungs tested and pick up
-

advice and information on lung health.

Contact: BLF Helpline on 03000 030 555 (Mon to Fri 9 am to 5 pm)

Address: British Lung Foundation, 73-75 Goswell road, London EC1V 7ER

www.blf.org.uk

13.54 British Malignant Hyperthermia Association

Whether you are a patient or a medical professional, we have sections dedicated to giving you information about Malignant Hyperthermia

[Professionals](#)

[Patients](#)

The BMHA was founded by Alison Winks following the death of her 7 year old son, John, who had a MH reaction while undergoing his 7th operation.

Our Aims are:

- To provide medical and medico-social support to affected individuals
- To provide medical update with regard to safe drugs, screening procedures, research etc.
- To publicise problems encountered by Malignant Hyperthermia subjects especially within the medical and dental professions.
- To raise funds for research into MH and Genetics to develop simpler testing.

IMPORTANT NOTICE

The BMHA will be closing down as a charity from 31 March 2015.

We intend that the Emergency Hotline and a Website will still be available for a period of time, estimated to be 10 years.

This will be possible through an Endowment Agreement with the University of Leeds.

In the meantime:-

Contact

The Emergency Hotline is unaffected – 07947 609601

The patient Helpline (both phone and e-mail) are still available until 31 March.

Helpline phone 07806 534895

Helpline e-mail: bmha.memberhelp@virginmedia.com

13.55 British Polio

The British Polio Fellowship is a charity dedicated to helping, supporting and empowering approximately 120,000 people in the UK living with the late effects of Polio and Post-Polio Syndrome (PPS), a neurological condition. It

provides information, welfare and support to those living with the effects to enable all to live full independent and integrated lives. We can give information about:

- Issues relating to living with polio and PPS
- Disability benefits and rights
- Healthcare professionals with an interest in polio/PPS
- Polio vaccinations
- Useful guides, publications, websites and other information resources
- Other organisations that may be of use in particular situations
- We have a wide range of information leaflets and factsheets that can be sent to you upon request. Support Services contributes articles to The Fellowship's magazine for members, the bulletin. We are always open to suggestions for topics for future issues.

Contact Us: 0800 043 1935

Email: info@britishpolio.org.uk

Address: The British Polio Fellowship
Citibase, 44 Clarendon Road, Watford, Hertfordshire WD17 1JJ

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

13.56 British Porphyria Association

The British Porphyria Association (BPA) was established in 1999 by a group of patients and relatives who had experienced isolation and difficulties due to their diagnosis, and had found there to be a general lack of understanding and assistance available. The BPA became a registered charity in 2001 and is run by a committee of volunteers.

What does the BPA aim to do?

The Association aims to reach out to as many people as possible in order to improve the understanding of this condition, including:

- patients and relatives
- doctors and medical staff
- hospitals and research establishments

Helpline **0300 30 200 30**.

Email: online

Contact: British Porphyria Association, 136 Devonshire Rd
Durham City, DH1 2BL

Email from the website at:

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

13.57 British Snoring and Sleep Apnoea Association

The British Snoring & Sleep Apnoea Association was formed in 1991 to help snorers and their bed partners to end the nights of disturbed and lost sleep, to end the bad feelings that often develop and to help them return again to peaceful nights together.

The aims of the association are to promote public awareness that snoring and sleep apnoea are generally treatable complaints and that help is available. We can offer some advice via the telephone or you can book an appointment at our clinic to see one of our sleep specialists. We also have a close working relationship with the medical profession and provide them and their patients with our expert help and information

Contact: British Snoring & Sleep Apnoea Association
Chapter House, 33 London Road, Reigate, Surrey RH2 9HZ
Tel: 01737 245638
Fax: 0870 052 9212
E-mail: info@britishsnoring.co.uk

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

13.58 British Stammering Association

BSA is the national organisation for adults and children who stammer, run by people who stammer.

Mission, and Values statements:

A WORLD THAT UNDERSTANDS STAMMERING

Mission:

- to initiate and support research into stammering
- to identify and promote effective therapies
- to offer support to all whose lives are affected by stammering
- to promote awareness of stammering

Our aims:

- selfless and generous spirited;
- trustful and widely trusted;
- informal and largely un-bureaucratic;
- inclusive and non-discriminatory;
- collaborative rather than competitive
- and passionate about our aims.

Contact: The British Stammering Association, 15 Old Ford Road,
London E2 9PJ

[Helpline](#)

Contact us for any issue where you require confidential advice or support.

0208 880 6590.or

Email address: info@stammering.org

<http://www.stammering.org>

13.59 British Thyroid Foundation

The British Thyroid Foundation is a charity dedicated to supporting people with thyroid disorders and helping their families and people around them to understand the condition.

Since setting up in 1991 we have worked with medical professionals to ensure that the information we provide is reliable and evidence-based.

Our volunteers have first-hand knowledge of thyroid disease, enabling them to help you, whether by phone or at meetings.

The British Thyroid Foundation is for anyone who wants to know the facts about thyroid disease.

Contact:

British Thyroid Foundation

Suite 12, One Sceptre House

Hornbeam Square North

Hornbeam Park

Harrogate HG2 8PB

Tel: 01423 810093

www.btf-thyroid.org

13.60 British Tinnitus Association

The British Tinnitus Association (BTA) is a world leader, with a trained team of friendly and experienced advisers for anyone who experiences tinnitus or those simply seeking guidance or information about the condition

Freephone: 0800 018 0527

Tel: 0114 250 9922

Office: 0114 250 9933

Contact: The British Tinnitus Association

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close
Sheffield, S8 0TB

info@tinnitus.org.uk

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

13.61 Brittle Bone Society

The Brittle Bone Society is the sole organisation set up to address the needs of people born with Osteogenesis Imperfecta (OI) in the UK and Republic of Ireland.

Our charity wants a world in which the needs of people in the UK and the Republic of Ireland living with Osteogenesis Imperfecta are understood, respected and fully met.

We will work towards improving the quality of life for people diagnosed with OI in the UK and the Republic of Ireland, providing advice, signposting and information, providing financial support for wheelchairs and equipment and raising awareness of the condition. We will also support and work with specialist healthcare professionals.

We recently began exploring the possibility of working with other rare bone groups, to find out more visit [Rare Bone Groups](#) (X-linked Hypophosphatemia, Fibrous Dysplasia, HPP)

Contact

Address: Grant-Paterson House, 30 Guthrie Street, Dundee DD1 5BS

Telephone: (01382) 204446

Email: bbs@brittlebone.org

<http://www.brittlebone.org>

13.62 Buchan Epilepsy Support Group

Buchan Epilepsy and Social Support Group provides support to people in the Buchan area who are affected by epilepsy. The Epilepsy Fieldworker for Aberdeenshire North is Joyce Thomson. Most visits are to the clients' home. The service is free and confidential, providing support and information to individuals of all ages and their families. Advocacy to help people with epilepsy get their voice heard.

The group meets in the Rescue Hall, Prince Street, Peterhead on the first Monday of each month from 2.00pm-4.00pm. This group is supported by [Quarriers](#)

Contact

Epilepsy Fieldworker - Aberdeenshire North: Joyce Thomson
Mob: 07584 608411

Address: Rescue Hall, Prince Street, Peterhead AB42 1QE

Phone: 01779 482463

Email: Joyce.Thomson2@quarriers.org.uk

Buckie Epilepsy Support Group

The Buckie Epilepsy Support Group is for people with epilepsy and their carers to meet for social activities and friendship.

The group meets on the first Wednesday of the month (except January) from 1pm-2.30pm.

Address: Riverside Christian Church, 24 East Church St,
Buckie AB56 1AE

Please contact Tara if you would like to attend as we often meet for social activities within Moray.

This group is supported by Quarriers

Contacts: Quarrier Epilepsy Fieldworker (Moray): Tara Engelmann

Tel: 01309 675900 or 07871151198

Email: tara.engelmann@quarriers.org.uk

13.63 Inverurie Epilepsy Support Group

Is a self-help support group supported by Quarriers. They meet in the Quarriers Centre, Wardes Road, Inverurie, AB51 3TT on the first Monday of each month from 2 - 4pm.

Anyone affected by epilepsy is welcome to attend.

Contact: Lorraine McNab, Quarriers Epilepsy Fieldworker

Phone 01358 721234

Mobile 07947634390

Email: lorraine.mcnab@quarriers.org.uk

13.64 North East Epilepsy Support Group

(Meets in Banff)

A self-help group supported by Quarriers. They meet in Banff on the last Tuesday of each month from 2.00pm to 4pm (contact the group to confirm venue).

Contact: Joyce Thomson, Quarriers Epilepsy Fieldworker for North Aberdeenshire

01779 482463 or mobile 07811337286

Email: joyce.thomson2@quarriers.org.uk

Or Gary McGregor 01261 843823 or email: gmcgregor55@aol.com or epilepsy.ne@gmail.com

13.65 CALL Scotland

New technology has much to offer people with physical, communication or sensory difficulties. Computers and computer-based aids have become smaller, cheaper and more practical and can be readily adapted to provide disabled people with access to communication, education, recreation and employment. Communication systems with synthesised or digitised voice offer a means of communication for those who cannot speak; switches and other devices can be used by people with physical disabilities as an alternative to a standard computer keyboard; enlarged displays or voice feedback offer computer access to those with visual impairments; specialised software helps people with writing or spelling difficulties. 'Low-technology' systems such as picture or symbol books can be valuable too.

However, the wide range of possibilities means that choosing and using these technologies with particular individuals can be complex and sometimes daunting. CALL addresses these problems and works to help people with disabilities (and their families, carers and professional helpers) get the most from this new technology. CALL specialises in helping pupils in education to access the curriculum and to participate and be included alongside their classmates.

Contact: CALL Scotland, University of Edinburgh, Moray House, Paterson's Land, Holyrood Road, Edinburgh EH8 8AQ

Tel: 0131 651 6235 or 0131 651 6236

Fax: 0131 651 6234

Twitter: @callscotland

Email through the website

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

13.66 Cancer and Leukaemia in Children Orientated - Grampian

The first priority of CALICO is to the family of any child with cancer or leukaemia.

It aims to alleviate, where possible, stress caused by additional expenses (heating, telephone, travel) and, when necessary, accommodation for those from outlying areas in the North East.

Expenses will be met where necessary when parents and children use the Cancer Link Aberdeen and North (CLAN) residential holiday home at Silver Ladies Caravan Park.

CALICO also makes regular donations to the local children's hospital for medical equipment and research.

Contact

Chairman: Mr Magnus Harcus

Address: 67 Forest Road, Aberdeen AB15 4BJ

Phone: 01224 642649

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

13.67 CLAN cancer support

CLAN Cancer Support is a well-established, [local charity](#) providing emotional and practical support to people affected by cancer, their family, carers and friends.

[Services](#) are freely offered to all from pre-diagnosis and diagnosis through treatment and beyond at 11 [support and wellbeing centres](#) located across north-east Scotland, Moray, Orkney and Shetland.

Our aim is to help people live with and beyond their or their loved ones cancer diagnosis and improve the quality of life for all those who turn to us for help and support.

Contact - Aberdeen

CLAN House, our purpose-built support and wellbeing centre in Aberdeen is located a short walk from Aberdeen Royal Infirmary. Here you can access our full range of services including accommodation at CLAN Haven, The Salon and our Library and Information Centre. CLAN House is open five days per week with late opening on a Thursday. We also offer a support and information service on the first Saturday of the month. For more information call the CLAN House reception team on 01224 647000.

Address

CLAN House
120 Westburn Road
Aberdeen
AB25 2QA

Contact

Call 01224 647000

Email enquiries@clanhouse.org

Ballater

Our Ballater centre and charity shop is open daily excluding Sundays. We offer a support and information service as well as access to a range of complementary therapies. The local CLAN contact in Ballater is Gemma who can be contacted on 01339 756318.

Address

CLAN Cancer Support
Bridge Square, Ballater AB35 5QJ

Call 01339 756318

Email ballater@clanhouse.org

Banchory

We offer a weekly support and information service at West Parish Church, which is centrally located within Banchory, as well as access to a range of complementary therapies. The local CLAN contact in Banchory is Gemma who can be contacted on 07720 737497.

Address: CLAN Cancer Support, High Street, Centenary Hall Banchory, Ternan West Parish Church, Banchory, Aberdeenshire AB31 5TB

Call 07720 737497

Email banchory@clanhouse.org

Fraserburgh

We offer a weekly support and information service at The Hub, located within the Fraserburgh Development Trust, as well as access to a range of complementary therapies. The local CLAN contact in Fraserburgh is Angie who can be contacted on 07720 737500.

Address

CLAN Cancer Support
58A High Street, The Hub, Fraserburgh Development Trust, Fraserburgh
Aberdeenshire AB43 9HP

Call 07720 737500

Email fraserburgh@clanhouse.org

Inverurie

We offer a support and information service, three days per week in Inverurie at the Roman Catholic Church Halls in North Street as well as access to a range of complementary therapies. The local CLAN contact in Inverurie is Fiona who can be contacted on 07834 465602.

Address

CLAN Cancer Support
c/o Church Halls, Roman Catholic Church, 116 North Street, Inverurie
AB51 4TL

Call 07834 465602

Email inverurie@clanhouse.org

Peterhead

We offer a support and information service every Wednesday and Friday at The Hot Spot in Peterhead as well as access to a range of commentary therapies. The local CLAN contact in Peterhead is Angie who can be contacted on 07720 737500.

Address

CLAN Cancer Support
c/o The Hot Spot, 1-3 Kirk Street, Peterhead AB42 1RT

Call 07720 737500

Email peterhead@clanhouse.org

Stonehaven & The Mearns

We offer a support and information service four days a week in Stonehaven with late night opening on Mondays as well as access to a range of complementary therapies. The local CLAN contact in Stonehaven is Helen who can be contacted on 01569 762398.

Address: CLAN Cancer Support
8 Robert Street, Stonehaven, AB39 2DN

Call 01569 762398

Email stonehaven@clanhouse.org

<http://clanhouse.org/>

13.68 Carers Scotland

Carers Scotland is a charity set up to support people who care for and elderly relative, a sick friend or a disabled family member.

- Runs a carers advocacy service to help carers over the age of 16 living in Glasgow.
- Provides information and advice to carers through Advice line and information services
- Download publications online to provide leaflets and fact sheets on a wide range of topics including getting practical and financial help
- Technology enabled and integrated approach to the delivery of effective health and care services

Contact

The advice line: 0808 808 7777

Email: adviceline@carersuk.org

To contact the information service call 0141 445 3070

Email: info@carerscotland.org

Or from the website

Carers Scotland: The Cottage, 21, Pearce Street, Glasgow G51 3UT

<http://www.carersuk.org>

Carers Scotland - Aberdeen Branch

Contact: VSA Carers Centre, 24-28 Belmont Street, Aberdeen AB10 1JH
Tel: 01224 646677

Website: <http://www.carerscotland.org>

13.69 Challenging Behaviour foundation

We are the charity for people with severe learning disabilities whose behaviour challenges. We're making a difference to the lives of children and adults across the UK through:

- information about challenging behaviour
- peer support for family carers and professionals
- supporting families by phone or email
- running workshops to reduce challenging behaviour
- speaking up for families nationally

Our vision is for anyone with severe learning disabilities who displays challenging behaviour to have the same life opportunities as everyone else.

We work to improve understanding of challenging behaviour, empower families with information and support, and help others to provide better services and more opportunities.

Contact

For all general enquiries or to add your name to our newsletter mailing list contact:

Email: info@thecbf.org.uk

Telephone: General Enquiries: 01634 838739

For information and support contact:

Email: support@thecbf.org.uk

Telephone: Family Support Line: 0300 666 0126

Address: The Challenging Behaviour Foundation
c/o The Old Courthouse, New Road Avenue, Chatham, Kent ME4 6BE

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

13.70 Changing Faces

Welcome to Changing Faces. We're a charity for people and families whose lives are affected by conditions, marks or scars that alter their appearance

Changing Lives: We aim to help individuals lead full and satisfying lives. We give practical and emotional support to adults, children and their families. We also provide training, support and advice to professionals in health and education

Changing Minds: We aim to transform public attitudes towards people with disfiguring conditions. We promote fair treatment and equal opportunities for all, irrespective of their appearance. We campaign for social change: advocating for more integrated health services; influencing schools and workplaces to create more inclusive environments; and lobbying for anti-discrimination protection and enforcement.

Contact:

Changing Faces Scotland, Suite 109 Gyleview House, 3 Redheughs Rigg, Edinburgh, EH12 9DQ

Telephone: 0345 4500 640

Email: scotland@changingfaces.org.uk

Website: <http://www.changingfaces.org.uk>

13.71 Child Brain Injury Trust

Every 30 minutes, a child or young person will acquire a brain injury. This could be the result of an accident, an illness such as meningitis or encephalitis, a poisoning, a stroke or a brain tumour.

A brain injury has a devastating and life-long impact on the child and their whole family. Bones can mend and scars can heal but a brain injury stays with you for life and impacts on everything you think, feel and do.

The Child Brain Injury Trust is the charity that supports children, young people, their families and professionals and helps them come to terms with what has happened and how to deal with the uncertainty that the future may hold.

You are here because you are either affected by childhood acquired brain injury directly or because you know someone who is. You are not alone – welcome to our website. The Child Brain Injury Trust provides support, information and advice

to children who have had brain injuries, their families and the professionals working with them.

- Direct support for families in hospital and at home (dependant on geographical area - please contact to discuss)
- Support for children and young people in education
- Social opportunities for children, young people and families
- Training and information for parents and carers
- Training and information for professionals
- Leaflets, booklets and other resources
- Small grants programme

Helpline: 0303 303 2248

Email: info@cbituk.org

Website: <http://www.childbraininjurytrust.org.uk>

Individual Contacts:

Lead Child and Family Support Coordinator (North): Beth Strachan

Child Brain Injury Trust

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2598

Email: bethstrachan@cbituk.org

Child and Family Support Coordinator: Lisa Williams & Jennifer Kane

Child Brain Injury Trust

Email: lisawilliams@cbituk.org, jenniferkane@cbituk.org

Head office:

Child Brain Injury Trust, Unit 1, The Great Barn, Baynards Green Farm
Nr Bicester, Oxfordshire OX27 7SG

Phone: 01869 341075

Email: info@cbituk.org

www.childbraininjurytrust.org.uk

13.72 Child Growth Foundation

On this site, you can find helpful information whether you are a parent whose child has a suspected or diagnosed growth problem, an adult or family member of someone with a growth or endocrine disorder, or a medical professional.

We aim to:

Support and encourage all children or adults with growth disorders, and their families, in every way we can

Promote and fund research into the causes and cure of growth and endocrine disorders, and publish the results

Educate the public, especially medical professionals, in the challenges those with growth and endocrine disorders are likely to face

Encourage medical professionals at all levels to monitor growth and development. We provide training and equipment to ensure that all growth measuring is undertaken accurately and appropriately

If you would like more information on the activities of the Foundation, or have any concerns and would like some advice please contact us.

Our mission is to:

- support children and adults with growth related problems, and their families
- fund research into potential solutions
- raise awareness of growth problems
- educate health professionals in the management of these conditions
- The conditions supported by the Foundation are:
- Turner Syndrome
- Russell Silver Syndrome (RSS)/Intrauterine Growth Retardation (IUGR)/Small for Gestational Age (SGA)
- Bone Dysplasia
- Sotos Syndrome
- Premature Sexual Maturity (PSM)

- Growth Hormone Deficiency (GHD)/Multiple Pituitary Hormone Deficiency (MPHD)

Contacts:

Helpline: 020 8995 0257

Jenny Child - 0208 912 0723

Rosalind Chaplin - 0208 912 0720

Email: [online](#)

Post: Child Growth Foundation, 21 Malvern Drive, Sutton Coldfield B76 1PZ

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

13.73 Childhood Eye Cancer Trust – fighting Retinoblastoma

The Childhood Eye Cancer Trust has been a registered charity since 1987 and was formerly known as The Retinoblastoma Society.

Our aims are:

- To provide information and support to individuals and families with retinoblastoma (Rb)
- To raise awareness of Rb
- To raise funds for research
- To influence professional bodies to ensure optimum service for Rb patients

We achieve these by:

- Challenging the way in which healthcare is delivered in order to derive optimum service delivery for patients. Funding research projects to extend the boundaries of knowledge.
- Helping those affected by retinoblastoma by providing support and information, access to a self-help network and links to other related organisations.
- Educating health professionals and others about retinoblastoma and the implications for genetics and other cancers through awareness raising campaigns, literature and training.
- Caring for the individual and providing services tailored to their needs at different life-change stages.
- Transforming public perception of eye cancer in children, to raise awareness and take away the fear.

Contact: Childhood Eye Cancer Trust

The Royal London Hospital, Whitechapel Road, London E1 1BB

Tel: 020 7377 5578

Fax: 020 7377 0740

Email: info@checht.org.uk

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

13.74 Children's Chronic Arthritis Association

Juvenile Idiopathic Arthritis (JIA) can strike at any age, and take one of several forms, but what is similar about the disease, is the pain and frustration that affects the child, and the feeling of disbelief that affects the whole family.

Founded in 1985, The Children's Chronic Arthritis Association (CCAA) is the leading charity run by parents and professionals to provide a support network for children with Arthritis and their families.

We offer emotional and practical support to maximise choices and opportunities and raise awareness of childhood arthritis in the community. We also give practical help and support through our network and area family contacts, and to provide various educational and recreational opportunities for children with JIA.

The CCAA is a user led organisation which means children with Arthritis are at the heart of our work. They form our membership, are involved in all of our activities and direct what we do as a charity.

We aim to give practical help and support through network and parent contacts, and provide educational and recreational opportunities for children with Juvenile Idiopathic arthritis.

Contacts

Email: info@ccaa.org.uk

Telephone: +44 (0)7958 187 600

Contact through the website at:

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

13.75 Children's Hospice Association Scotland (CHAS)

Children's Hospice Association Scotland (CHAS) is a charity that provides the only hospice services in Scotland for children and young people with life-shortening conditions.

CHAS offers care in two children's hospices, Rachel House in Kinross and Robin House in Balloch. The hospices support the whole family by offering short planned breaks, emergency support, end of life care and a range of bereavement services.

CHAS also provides a home care service, called CHAS at Home, staffed from both hospices and with dedicated teams in the North of Scotland. The service offers care to families in their own homes when they need it most.

CHAS supports over 250 families, as well as a significant number of families who receive bereavement support. The services are funded mainly through the generosity of the many supporters who help raise over £7 million needed each year to provide these vital hospice services.

For more information visit <https://www.chas.org.uk/>

CHAS at Home Team based in Aberdeen
95 Rosemount Place, Aberdeen AB25 2YE
Tel: 01224 624858
Fax: 01224 645019

Email: libbygold@chas.org.uk

Head Office: Canal Court, 42 Craiglockhart Avenue, Edinburgh EH14 1LT
Tel: 0131 444 1900
Email: support@chas.org.uk
<http://www.chas.org.uk>

13.76 Children's Liver Disease Foundation

Formed in 1980, Children's Liver Disease Foundation (CLDF) is a unique national charity dedicated to fighting all liver diseases of childhood. Based in Birmingham, CLDF is:

- a comprehensive information hub for healthcare professionals and the general public
- a tailored support service for young people with liver disease and their families
- the lead charity supporting medical research into all aspects of children's liver diseases
- The voice for young people, their families and adults diagnosed with liver disease in childhood.

Contact: Children's Liver Disease Foundation, 36 Great Charles Street, Birmingham B3 3JY.
Telephone 0121 212 3839

Email: info@childliverdisease.org or online

<http://www.childliverdisease.org>

13.77 Children's Mitochondrial Disease Network

The Children's Mitochondrial Disease Network - C/EMDN is the UK's only charity dedicated to providing information and support for all Mitochondrial Disorders, C/EMDN is supported by voluntary donations and has no paid staff

Registered Address and Office: EMDN
Mayfield House, 30 Heber Walk, Chester Walk, Northwich CW9 5JB
Mito Help & Information Line: 01606 43946
E mail: info@cmdn.org.uk

Or on the website at:

<http://www.emdn-mitonet.co.uk>

13.78 Chronic Granulomatous Disorder UK

The mission of the CGD Society is to be the leading source of support for individuals and families affected by chronic granulomatous disorder in the UK, and thereby create an organisation that is respected by both those affected and medical professionals throughout the world. We will achieve this by:

- providing comprehensive and clearly written information on CGD and associated issues that is easily accessible through a variety of media
- offering direct support to individuals and families affected by CGD through the provision of services and events
- ensuring that essential financial assistance is available to support those affected by CGD in the UK
- raising awareness and understanding of CGD within the medical profession in order to facilitate earlier diagnosis and promote increased understanding of the impacts of CGD on all medical disciplines, thereby extending and improving quality of life
- supporting research that aims to identify better treatments and ultimately a cure for CGD, and the publication of the useful results of that research

Contact

Telephone: 0800 987 8988

Email: hello@cgdsociety.org

Or contact through the website

Address: CGD Society, PO Box 437, Leatherhead, KT22 2JB.

<http://www.cgdsociety.org>

13.79 Circulation Foundation

The UK's only dedicated vascular disease charity

Vascular disease is the collective term for diseases of the veins and arteries. Every part of the body to which blood flows can be affected by it.

It's as common as cancer and heart disease and accounts for 40% of deaths in the UK, many of which are preventable. People with diabetes are five times more likely to develop vascular disease.

The Circulation Foundation funds and promotes research into the causes, treatment and prevention of vascular disease in the UK.

We provide essential [information](#) to sufferers and their families, whilst raising awareness of vascular disease and the importance of healthy veins and arteries, to ensure we can lead longer, [healthier lives](#).

Contact

Address:

Circulation Foundation

Blackburn House

Redhouse Road

Seafield

Bathgate

West Lothian

EH47 7AQ

Phone: (0) 20 7205 7151

Email: info@circulationfoundation.org.uk

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

13.80 CJD Support Network

The CJD Support Network is a patient support group providing help and support for people with all strains of Creutzfeldt-Jakob disease, their carers and concerned professionals.

It also provides support for people who have been informed that they are at a higher risk of CJD through secondary transmission i.e. blood transfusion or surgical instruments. Established in 1994 by relatives of people with CJD and is now recognised as the leading charity for all forms of CJD.

- Providing accurate, unbiased and up-to-date information about all forms of CJD through an expanding range of information sheets, leaflets and newsletters.
- Promoting good quality care for people with CJD, by providing training, workshops, conferences, and by encouraging the adoption of good practice guidelines.
- Campaigning through regular contact with ministers and senior government officials
- Promoting research into CJD

Contact: CJD Support Network, P.O.Box 346, Market Drayton,

Shropshire TF9 4WN

Email: gturner@cjdsupport.net

Telephone number (admin) 01630 673 993

Telephone number (helpline) 0800 0853527,

<http://www.cjdsupport.net>

13.81 CLAN Cancer Support – Children's services

CLAN Cancer Support is a well-established, [local charity](#) providing emotional and practical support to people affected by cancer, their family, carers and friends.

Services are freely offered to all from pre-diagnosis and diagnosis through treatment and beyond at 11 support and wellbeing centres located across north-east Scotland, Moray, Orkney and Shetland.

Our aim is to help people live with and beyond their or their loved ones cancer diagnosis and improve the quality of life for all those who turn to us for help and support.

The Children and Family Support Team is based at CLAN House in Aberdeen but travel throughout Aberdeen, Aberdeenshire, Orkney and Shetland. They offer a confidential service for any child or young person affected by cancer whether patient, relative or friend.

Support Workers offer:

- bereavement work
- therapeutic intervention (delete counselling)
- emotional support
- information
- social and fun activities
- support for individuals or groups

Groups for children and teenagers meet regularly on a Saturday and in the school holidays. .

These groups are open to all children and teenagers affected by cancer, not only those using CLAN's children's service. Activities have included drumming workshops, climbing at Transition Extreme, tubing at Aberdeen Snow sports and a variety of arts and crafts activities.

Contact: Counselling & Family Services Manager

Clan House Tel: 01224 647000 for details.

Clan Haven Tel: 01224 651030

Address: CLAN House and CLAN Haven, 120 Westburn Road
Aberdeen AB25 2QA

Phone: 01224 647000

Email: enquiries@clanhouse.org

Website: <http://www.clanhouse.org>

Support is available in the following areas:

ABERDEEN CLAN House 120 Westburn Road Aberdeen AB25 2QA Tel: 01224 647000 Email: enquiries@clanhouse.org	BANCHORY CLAN Cancer Support Unit 8 & 9 Scott Skinner Square Banchory AB31 5SS Mob: 07720 737497 Email: banchory@clanhouse.org	BALLATER CLAN Cancer Support Bridge Square Ballater AB35 5QJ Tel: 01339 756318 Email: ballater@clanhouse.org
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<p>ELGIN</p> <p>CLAN Cancer Support 227 High Street Elgin IV30 1DJ</p> <p>Tel: 01343 544132</p> <p>Email: elgin@clanhouse.org</p>	<p>FRASERBURGH</p> <p>CLAN Cancer Support 58A High Street The Hub, Fraserburgh Development Trust Fraserburgh Aberdeenshire AB43 9HP</p> <p>Mob: 07720 737500</p> <p>Email: fraserburgh@clanhouse.org</p>	<p>INVERURIE</p> <p>CLAN Cancer Support c/o Church Halls Roman Catholic Church 116 North Street Inverurie AB51 4TL</p> <p>Mob: 07834 465602</p> <p>Email: inverurie@clanhouse.org</p>
<p>ORKNEY</p> <p>CLAN Cancer Support 30 Victoria Street Kirkwall KW15 1DN</p> <p>Tel: 01856 873393</p> <p>Email: orkney@clanhouse.org</p>	<p>PETERHEAD</p> <p>CLAN Cancer Support 1 Carter's Close Peterhead AB42 1UU</p> <p>Mob: 07720 737500</p> <p>Email: peterhead@clanhouse.org</p>	<p>SHETLAND</p> <p>CLAN Cancer Support 20a St Magnus Street Lerwick ZE1 OJT</p> <p>Tel: 01595 697275</p> <p>Email: shetland@clanhouse.org</p>
<p>STONEHAVEN & THE MEARNS</p> <p>CLAN Cancer Support 8 Robert Street Stonehaven AB39 2DN</p> <p>Tel: 01569 762398</p> <p>Email: stonehaven@clanhouse.org</p>	<p>TURRIFF</p> <p>CLAN Cancer Support Turrieff Town House 32 High Street Turrieff AB53 4EN</p> <p>Tel: 07720 737500</p> <p>Email: turrieff@clanhouse.org</p>	

13.82 Cleft Lip And Palate Association

CLAPA is the only UK-wide voluntary organisation specifically helping those with, and affected by, cleft lip and palate.

Clapa's key functions are to:

- Organise local parent-to-parent support through its nation-wide network
- Run a specialist service for parents and health professionals seeking help feeding babies with clefts
- Develop support for children and adolescents affected by clefts at school and in social settings through such activities as confidence-building camps
- Encourage and support research into causes and treatment of cleft lip and palate
- Represent the interests of patients and parents, influencing policy on future treatment of cleft lip and palate
- Conduct educational seminars for health professionals and the general public
- Raise funds in the community for equipment, literature and services
- Publish and distribute a range of information leaflets, increasing public awareness of the condition
- Support projects in countries where cleft treatment is limited or unavailable

Contact

Address: CLAPA, First Floor, Green Man Tower, 332B Goswell Road
London EC1V 7LQ

Telephone: 020 7833 4883

Email: info@clapa.com

<http://www.clapa.com>

13.83 CLIC Sargent

CLIC Sargent is the UK's leading cancer charity for children and young people, and their families. We provide clinical, practical and emotional support to help them cope with cancer and get the most out of life. We are there from diagnosis onwards and aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement.

Contact: CLIC Sargent Scotland Office

5th Floor, Mercantile Chambers
53 Bothwell Street
Glasgow G2 6TS
Switchboard: 0141 572 5700

Telephone: 0300 330 0803

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

13.84 Congenital Adrenal Hyperplasia

The CAH Support Group was formed approximately 16 years ago. It is a sub group of CLIMB (Children Living with Inherited Metabolic Diseases), which is a registered charity (No. 1089588). Both CLIMB and the CAH Support Group exist to: -

- a) Give support to families and sufferers
- b) To increase awareness of the condition to the public and to the medical profession
- c) To raise funds to support research

The support group committee meets yearly to discuss the Group's progress and plan new events, and is made up entirely of volunteers, some of whom have CAH themselves.

We hold conferences and informal meetings at regular intervals and a newsletter is sent out at least twice a year. Our current membership stands at approximately 400 families and 150 professionals and our key to success is getting information to where it is needed as soon as possible after the need is recognised (i.e. at diagnosis when this time is crucial).

Contact:

Email through the website at:

<http://www.livingwithcah.com>

13.85 Coeliac UK

Coeliac UK is the leading charity working for people with coeliac disease and dermatitis herpetiformis (DH). Our mission is to improve the lives of people with coeliac disease through support, campaigning and research.

Contacts

Address: 3rd Floor, Apollo Centre, Desborough Road, High Wycombe, Buckinghamshire, HP11 2QW

Helpline: 0333 332 2033

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

13.86 Colostomy Association

The Colostomy Association is a UK registered charity representing the interests of people with a colostomy. Colostomy is not a subject that is openly discussed - hence there is a general lack of public knowledge on what it's like to have a stoma. We offer support, reassurance and practical information to anyone who may be about to have, or already has a colostomy. The Association provides assistance to those who are new to living with a colostomy as well as those who have been colostomies for many years. Appropriate support and advice is offered to families and carers both before and after surgery.

We work with our staff, volunteers and health professionals, and aim to provide:

Support and advice for colostomates, their families and their carers

Email and 24hr telephone helpline

Comprehensive advisory literature and quarterly magazine

Visits for those who need it

Contact: Head Office: Enterprise House, 95 London Street, Reading.

Berkshire. RG1 4QA.

24 hour Helpline: 0800 328 4257

Tel: 0118 939 1537

Email: info@colostomyuk.org

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

13.87 Combat Stress

Combat Stress delivers dedicated treatment and support to ex-Service men and women with conditions such as Post Traumatic Stress Disorder (PTSD), depression and anxiety disorders. Our services are free of charge to the Veteran.

Combat Stress provides a dedicated service for Veterans whose mental health condition is often complex and long term. A small, but significant, number of Veterans leave the Armed Forces with a severe psychological wound such as Post Traumatic Stress Disorder (PTSD). Other debilitating conditions that Veterans may suffer from include depression and/or anxiety disorders.

Combat Stress offers:

- ☐ Confidential help and advice on any mental health issues to Veterans, serving personnel and their families via a 24 Hour Helpline
- ☐ An expanding community outreach services, delivered by teams of Community Psychiatric Nurses and Regional Welfare Officers.

- Specialist clinical treatment at three short-stay residential centres in Shropshire, Surrey and Ayrshire.

Contact

The Combat Stress 24-hour Helpline: 0800 138 1619
 Tel: 07537 404 719 (standard charges may apply for texts)
 Email: combat.stress@rethink.org

Telephone: 01372 587 000
 Email: contactus@combatstress.org.uk

Postal address: Combat Stress, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey KT22 0BX
<http://www.combatstress.org.uk>

13.88 Congenital Melanocytic Naevus Support Group (Caring Matters Now)

The Caring Matters Now support group was initially set up in 1998 by Jodi Unsworth, at the time a 15 year old patient at Great Ormond Street Hospital with extensive CMN. Jodi and her parents provided support to those similarly affected by the condition. This was the first known and only dedicated support group in the UK. It was clear that those with CMN and their families were in desperate need of accurate information, advice and contact with others affected by the same disorder.

The support group has three main aims which are:

- To support those affected by CMN
- To raise awareness about CMN
- To raise funds for the CMN research

With partnerships with other support groups dealing with disfigurements and help from those that have grown up with CMN, we provide information, advice and personal support and reach out to all those affected by the condition. We currently host family days across the UK to give those with CMN, their parents and siblings the opportunity to get together, meet others affected by the same disorder, share stories and experiences. The family days also offer the chance to meet and talk to medical professionals. Presentations are made to update all about both the charity's activities and the latest developments on the research programme. The family days are relaxed, fun and informative – many friendships are formed here.

Scotland

Anne MacIntyre
 Telephone: 0141 646 1069
 Email: anne@caringmattersnow.co.uk
 Scotland & Highlands
 Jenny Deschenes
 Telephone: 01397 712181
 Email: jenny@caringmattersnow.co.uk
<http://www.caringmattersnow.co.uk>

13.89 Continence Foundation

Treatment of incontinence depends on its type, severity and the underlying cause. It can be successfully treated in most cases but if the underlying cause cannot be cured, there are ways to ease the symptoms and make this embarrassing problem less unpleasant.

Information about continence:

- Types
- Causes
- Treatment
- Prevention
- Living with
- Resources

Contact: info@continence-foundation.org.uk

<http://www.continence-foundation.org.uk>

13.90 CORPAL (Agenesis of the Corpus Callosum / Aicardi Syndrome)

Corpal is a support group for parents, families and carers of children and adults who have ACC or Aicardi Syndrome.

Agenesis of the Corpus Callosum (ACC) is a rare neurological condition in which the Corpus Callosum, the major “pathway” for information which links the two hemispheres of the brain, fails to develop fully. The effects of the condition are variable; ranging from normal development (where the condition may be undetected or be revealed incidentally), through mild developmental delay to severe learning difficulties, epilepsy, visual impairment and delayed motor development.

Aicardi syndrome: a rare syndrome that occurs only in girls (boys are affected only in extremely rare and specific circumstances). Its main features are developmental brain malformations including ACC, seizures, learning difficulties and eye changes (chorioretinal lacunae).

Contact

Telephone: 07981 824932

E-mail: info@corpall.org.uk

By Post: CORPAL, 96 St. Paul's hill Road, Hyde Cheshire, Sk14 2SW

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

13.91 Cri Du Chat Syndrome Support Group

Vision: Our vision is a society that values and nurtures those with Cri du Chat syndrome enabling them to live full, happy and healthier lives.

Mission statement: We aim to provide support to people with Cri du Chat syndrome by engaging with them and supporting their families, their carers and professionals. The CDCSSG will also strive to improve knowledge of CdCS by facilitating appropriate research into the syndrome with the hope of creating a better quality of life for all members of a Cri du Chat family.

Our purpose: To make a positive difference in the lives of those with Cri du Chat syndrome

Our business: Supporting family members and professionals who care for those with Cri du Chat syndrome. Supporting dedicated research that has the aim of providing a better quality of life to all affected by Cri du Chat syndrome.

Our values: Those with Cri du Chat syndrome and their families can have complete, satisfied and rewarding lives. Cri du Chat syndrome does not in anyway hinder families from achieving the opportunities open to other members of society.

Contact: Cri du Chat Syndrome Support Group, Administration Office, PO Box 3408, Norwich, NR3 3WE

Email: office@criduchat.org.uk

This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Telephone on 0845 0942725

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

13.92 Crohn's and Colitis UK

We're the UK's leading charity in the battle against Crohn's Disease and Ulcerative Colitis. Founded as a patients' association in 1979, we now have 35,000 members across the UK. The main activities of the charity are to provide information to all Inflammatory Bowel Disease (IBD) patients and their families, support its members, raise IBD awareness across the UK, campaign for improved IBD health care and fund vital research. Crohn's and Colitis UK provide free, confidential helpline services for anyone affected by IBD.

The **Information Line** is available 9:00 am - 5:00 pm on Monday, Tuesday, Wednesday & Friday, and 9:00 am - 1:00 pm on Thursday (except English bank holidays). Outside these hours, an answer phone service is available.

Telephone: 0300 222 5700

Email: info@crohnsandcolitis.org.uk

Crohn's and Colitis Support is a listening service for anyone who needs a safe place to talk about living with IBD. It's provided by volunteers, all who have a personal experience of IBD, who are trained to provide emotional support and a listening ear. Crohn's and Colitis Support is available from 1:00pm-3:30pm and 6:30pm-9:00pm, Monday to Friday, except English bank holidays. There is no answerphone.

Telephone: 0121 737 9931

General enquiries

Telephone: 01727 830 038

Email: enquiries@crohnsandcolitis.org.uk

Office address:

Crohn's and Colitis UK (see map)

45 Grosvenor Road

St Albans AL1 3AW

To find out more about local networks, membership, fundraising and the other services we provide please visit our website:

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

13.93 Cystic Fibrosis Trust

Since it was established in 1964, the Cystic Fibrosis Trust has actively supported excellence in research and clinical care, as well as providing practical support and advice to people with Cystic Fibrosis and their families. We are the only UK-wide charity focusing solely on CF.

We believe that everybody living with CF deserves the best possible quality of life with access to the best quality care and with a real hope for a better future. We will support them and their families to make this happen.

To do this, we fund high quality research to understand CF better and to develop new and better treatments, we set standards of CF care and review services to make sure they are meeting those standards, and we provide information and advice to people with CF and their families.

Contact

CF Trust helpline **020 3795 2184**

For general enquiries, please call 020 3795 1555

Email: enquiries@cysticfibrosis.org.uk

Address: Cystic Fibrosis Trust, One Aldgate, Second floor, London EC3N 1RE

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

13.94 Dancing Eye Syndrome Support Trust

The Dancing Eye Syndrome Support Trust was formed with the aim of providing contacts for parents of children with DES both locally and nationally.

Parents have the opportunity to talk with others and share their experiences – DES offers contacts to provide mutual trust, support and encouragement, particularly to parents of those whose children have been recently diagnosed.

The Trust arranges:

- meetings for members
- produces a newsletter

The following adult neurology colleagues have kindly agreed to be consulted on adults who are having trouble with childhood onset OMS.

For Scotland and the North:

Dr Anu Jacob, Consultant Neurologist,
The Walton Centre for Neurology and Neurosurgery,
Liverpool, L97LJ United Kingdom
Tel+ 441515298183
Fax+441515295513

Contact: Dancing Eye Syndrome Support Trust
Dancing Eye Syndrome Support Trust
c/o The Secretary, 18 Eyre Close, Haydon End, Swindon, Wiltshire,
SN25 1BF

Tel: 01793 493131 / 07434304291
Email: support@dancingeyes.org.uk
Web: <http://www.dancingeyes.org.uk>

13.95 Deafblind Scotland

Deafblind Scotland and Deafblind UK share a common vision:

"A society in which deafblind people have the permanent support and recognition necessary to be equal citizens."

The organisation aims are:

- To help deafblind people in Scotland live as rightful members of their own communities and to encourage and support contact between deafblind people and sighted hearing people
 - To liaise with health and social service providers to make appropriate assistance available to deafblind people in Scotland
 - To work in partnership with statutory and other agencies to improve the quality of life of deafblind people
 - To raise awareness of both the needs and potential of deafblind people
-

- To encourage provision of facilities, services and support for deafblind people
- To develop and maintain appropriate accommodation for the benefit and use of deafblind people

Contact: Deafblind Scotland

21 Alexandra Avenue, Lenzie, Glasgow, G66 5BG

Telephone: 0141 777 6111

Email: info@deafblindscotland.org.uk

Website: <http://www.deafblindscotland.org.uk>

13.96 DEBRA - Epidermolysis Bullosa

DEBRA is the national charity that supports individuals and families affected by Epidermolysis Bullosa (EB) - a painful genetic condition which causes the skin to blister and shear at the slightest friction, or even spontaneously.

DEBRA focuses its work in three areas:

- We fund pioneering research to find effective treatments and, ultimately, a cure for EB.
- We provide an enhanced specialist EB Nursing Service, in partnership with the NHS, to deliver optimal healthcare to children and adults living with EB.
- We provide social care support to help people live with dignity. This is a service parents and people with EB can call on, to reach out for advice, advocacy in the face of red tape, and emergency grants. We provide access to specially adapted holiday homes and opportunities for social interaction.

We interconnect each of these areas to ensure a holistic approach to our care, from birth, for as long as it is needed

Contact: DEBRA House, 13 Wellington Business Park, Dukes Ride, Crowthorne, Berkshire. RG45 6LS.

Telephone: 01344 771961

Fax: 01344 762661

Email: debra@debra.org.uk

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

13.97 Diabetes Scotland

Diabetes Scotland is part of Diabetes UK, the leading UK charity which cares for, connects with and campaigns on behalf of people affected by diabetes.

Diabetes Scotland delivers a number of events throughout the year including; Living With Diabetes Days for people living with Type 2 diabetes; Care Events

for children, and their families, and adults living with Type 1 diabetes; and Healthy Lifestyle Roadshows.

Living with diabetes can be challenging – and sometimes you need support from someone who knows exactly what you're going through. Our Peer Support network connects people living with diabetes to share information and experience. There are also a number of Local Groups who meet regularly to provide support as well as volunteering and fundraising for the charity.

Diabetes UK Insurance Services receive many enquiries from people who, as a result of having diabetes, have trouble getting some insurance products – particularly travel or life insurance – at a reasonable cost, if they are able to get cover at all. That is why we have put in place our insurance schemes.

Diabetes UK Advocacy Service provides advocacy to people with diabetes as well as friends, family and carers. The Advocacy Service will prioritise people who may be potentially vulnerable.

This means people who:

- Have a learning disability,
- Have physical or sensory impairments; or are very seriously ill,
- Have a mental illness including dementia,
- Are older (over 60),
- Are a child (under 17),
- Are in a form of institution; this includes hospitals, care homes, prisons etc.,
- Have very poor spoken or written English

Contact: Diabetes Scotland,

The Venlaw, 349 Bath Street Glasgow G2 4AA

Telephone 0141 245 6380

A support helpline for anyone with diabetes, their friends, family and carers
Caroline Scotland 0141 212 8710 (Monday–Friday, 9am–5pm.)

Fax 0141 248 2107

Email: scotland@diabetes.org.uk

Website: www.diabetes.org.uk

13.98 Diamond Blackfan Anaemia Charity (DBAUK)

DBA UK is a registered charity (1083179) run by elected volunteers and governed by a written constitution. We aim to deliver support, research and hope to the DBA community by brining families together to share their experiences, communicate the latest medical information and raise funds to support those with DBA in the UK.

With the help of our members and supporters, our website, information leaflets and telephone support line will provide invaluable support to patients and their families at a difficult and confusing time. We also hold an annual conference for all DBA families in the UK. The weekend provides respite and mutual support for patients and brings parents and carers together with

medical professionals to improve their access to information and aid the consistency and quality of care across the country.

We hold the event at a PGL activity centre where patients with DBA can meet and gain confidence and reassurance from sharing their experiences, away from the daily grind of their treatment routine. Thanks to your support, we will treat them to a weekend of adventure in a happy and inclusive camp atmosphere.

Contact

Telephone: 0845 094 1548 (UK patient and family support phone line)

Email: information@diamondblackfan.org.uk

<http://diamondblackfan.org.uk>

13.99 Different Strokes

Different Strokes is a registered charity providing a unique, free service to younger stroke survivors throughout the United Kingdom. Our services and the number of stroke survivors benefiting from them have grown dramatically since we were formed in 1996. We are run by stroke survivors for stroke survivors, for active self-help and mutual support.

Recovery and rehabilitation from stroke present particular challenges for the younger survivor. One day fit and well, the next moment disabled. The stroke survivor must come to terms with physical and emotional changes as well as significant lifestyle adjustments - mobility, job, income, dependence, relationships - everything changes

Different Strokes helps stroke survivors of working age to optimise their recovery, take control of their own lives and regain as much independence as possible by offering 'rehabilitative services', information and advice.

Different Strokes currently does this by:

- organising a national network of weekly exercise classes,
- providing practical, easy to use information for the recovering stroke survivor,
- offering a 'StrokeLine' telephone service so that younger stroke survivors can speak to other younger stroke survivors,
- keeping stroke survivors informed, through newsletters, an interactive website and other means, of developments relevant to them.

Different Strokes is run by younger stroke survivors for younger stroke survivors. Different Strokes also provides an important voice for younger stroke survivors to Government, service providers and funders, fighting for better standards and improved understanding.

Contact: Different Strokes Central Services, 9 Canon Harnett Court
Wolverton Mill, Milton Keynes MK12 5NF

Tel: 0845 130 7172

Fax: 01908 313501

Email online at:

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

13.100 Down Syndrome Scotland

Down's syndrome Scotland (DSS) is a parent led charity which was established in 1982. We are the only charity in Scotland dedicated solely to supporting people with Down's syndrome (Ds) and their carers.

Down's syndrome Scotland provides "all through life" support nationally across Scotland.

We know that every person with Down's syndrome is a unique individual, full of potential.

We work to help people with Down's syndrome reach their full potential by providing information and support to them, their families, carers and professionals at whatever age and stage of life. We also work to influence government policy to ensure that the society in which we all live reflects the needs of people with Down's syndrome.

Our strategic outcomes are:

- Children and adults with Ds, their parents and families, receive appropriate and timely information and support through all the ages and stages of their lives.
- Public and professional attitudes to Ds will be more positive and inclusive.
- Children and adults with Ds will be provided with choices and support to enable them to develop and reach their full social, physical and intellectual potential.
- Down's Syndrome Scotland (DSS) will be fit for purpose, by being compliant with legislation, striving for continuous improvement and encompassing best practices

We aim to achieve these through the information and support we offer. Please visit the [New Parents](#), [Our Services](#) or [Resources](#) pages to find out more.

For information on what's going on in your area, please visit the [Your Local Branch Page](#).

Alternatively, please get in touch with us directly on 0131 313 4225 or info@dsscotland.org.uk

Families section: Information on all stages of life for a person with Down's syndrome as well as how our [Family Support Service](#) can provide information, services and support.

Professionals section: Information focusing on health, education, current research we are supporting, training courses and how our [Family Support Service](#) can provide professionals with information, support and services.

Resources section: Provides a list of our free publications, free library service, our publication shop and how to become a subscriber of our bi-annual magazine Full Potential.

Get involved section: Includes information on our six local branches throughout Scotland, fundraising and volunteering opportunities, and free courses for young adults/adults with Down's syndrome, Down's syndrome Sports, our 30th anniversary events and Down's syndrome Awareness Week.

Our [national office is based in Edinburgh](#) and we have six local branches throughout Scotland. To find out more about events and activities in your local area visit our [Branches page](#) on the website.

Contact:

Telephone: 0131 313 4225

Email: Grampian@dsscotland.org.uk

Address: 158/160 Balgreen Road, Edinburgh,

Family Support Officer for North of Scotland: Moira Leck

Email: moira@dsscotland.org.uk

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

13.101 Duchenne Family Support Group

The Duchenne Family Support Group (DFSG) exists to provide support for families. The DFSG was started in 1987 by a small group of parents who had children diagnosed as having Duchenne Muscular Dystrophy (DMD).

Since then, the number of families has increased dramatically and contacts have been established all over the country, as well as abroad, creating a wealth of information.

The DFSG is a national charity run by families for families affected by DMD. It provides a positive national support network of parents, their families and professionals. The DFSG helps bring families together for mutual support, sharing of information and experience, and social activities.

Subsidised Annual Group Holiday: We have a holiday at home and abroad each year. The accommodation is fully equipped for the disabled and there are lots of activities for all members of the family.

In the past our holidays have provided activities such as canoeing, abseiling, art, music, wheelchair races and swimming. Holidays abroad have included Euro-Disney, France, Rotterdam, Holland and Belgium. Activities were provided for the whole family to enjoy.

Family Outings / Events Each Year: Every year we go sailing at Bewl water and other events have included, for example a visit to Legoland, a steam train ride and party, a day at the Blue Planet Aquarium, a visit to the Model Car Exhibition, a trip to Holiday on Ice, bowling, local coffee mornings, tea-parties and picnics.

Contact

Email: info@dfsg.org.uk

Family Helpline: Tel: 0800 121 4518 (on which an answering service is provided outside operational hours).

Registered address: 78 York Street, London W1H 1DP

Email online at:

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

13.102 Dyslexia Scotland

Encourage and enable people with dyslexia, regardless of their age and abilities, to reach their potential.

Our mission

Our mission is to inspire and enable everyone reach their full potential.

To make that happen, we have set four clear goals:

- provide and promote high quality services to people with dyslexia
- influence and achieve change at a national and local level
- give dyslexic people an individual and collective voice
- support our network of branches, members and partners

Our services

We support people affected by dyslexia, and campaign on their behalf, in many different ways. Whether through the national helpline, our branch network or online in the Members' area, we raise awareness and campaign for change

Contact

Helpline - For dyslexia related questions and information.

Call: 0344 800 84 84 from 10am – 4.30pm Monday to Thursday, 10am – 4pm Friday.

Email: helpline@dyslexiascotland.org.uk

Address: Dyslexia Scotland
2nd floor - East Suite, Wallace House, 17 - 21 Maxwell Place
Stirling FK8 1JU

Main office: 01786 446650

Email: info@dyslexiascotland.org.uk

Fax: 01786 471235

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

Dyslexia North East

Meetings: Branch meetings are held on the last Thursday of the month during term time, 7pm. [The branch also runs a Youth Group. For more information](#)

or to be added to the branch mailing list email
info@dyslexiascotlandnortheast.org.uk

Library: The association has a comprehensive lending library (available on Youth Club nights) and many helpful leaflets.

Dyslexia Scotland Helpline: 0344 800 84 84 from 10am – 4.30pm Monday to Thursday, 10am – 4pm Friday.

Email: helpline@dyslexiascotland.org.uk

Website: <http://www.dyslexiascotlandnortheast.org.uk>

13.103 Dyspraxia Foundation

The objectives of the dyspraxia foundation are:

- To support individuals and families affected by dyspraxia
- To promote better diagnostic and treatment facilities for those who have dyspraxia
- To help professionals in health and education to assist those with dyspraxia
- To promote awareness and understanding of dyspraxia

The Dyspraxia Foundation provides the following services:

- Publishes leaflets, booklets, books and guides for parents, those who have dyspraxia and professional
- Organises conferences and talks about dyspraxia and related topics for parents, Carers and professionals
- Supports network of local groups across the United Kingdom
- Supports adults who have Dyspraxia

For details of Parent Volunteer local Support Groups, if available please contact the National Office

Contact details:

HELPLINE Tel: 01462 454986 (Mon-Fri 10am-1pm)

Email: dyspraxia@dyspraxiafoundation.org.uk

Registered Office: Dyspraxia Foundation, 8 West Alley, Hitchin,
Herts, SG5 1EG.

Admin: 01462 455 016

Fax number: 01462 455 052

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

13.104 The Dystonia Society

The Dystonia Society was established in 1983. Dystonia is a neurological movement disorder with many different forms, characterised by uncontrollable

and often painful muscle spasms, that affects at least 70,000 adults and children in the UK. The Dystonia Society is dedicated to providing support and information to all people affected by the disorder and those who care for them.

Local Support Groups

Contacts:

Scottish Regional Officer – Dorothy Chisholm

Tel: 0845 803 1006

Local Support Group Contact - Aberdeen: Diane Dunn

Tel: 0845 899 7141

Address: Headquarters: 3rd Floor, 89 Albert Embankment, LONDON, SE1 7TP

Office telephone number: Tel: 020 7793 3651 Mon-Fri: 9.00am-5.00pm

Help Line number: 020 7793 3650 Mon-Thu: 10.00am-4.00pm

Email: info@dystonia.org.uk

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

13.105 Ectodermal Dysplasia Society

We support individuals and families affected by Ectodermal Dysplasia's (ED), and promote awareness and understanding of ED to the general public and professionals.

We seek to achieve this in the following ways:

- ☐ obtaining answers from Medical professionals to members' specific questions
- ☐ liaising with Head Teachers, Health Authorities and medical professionals
- ☐ Assisting families get the right care for their child in schools, such as full or part time carers, fans, air-conditioning, etc.
- ☐ assisting families to obtain Disability Living Allowance, Disability Carers Allowance; assisting in the Statementing process and helping with appeals and tribunals
- ☐ supporting members in their fundraising
- ☐ putting people in touch with each other if requested
- ☐ finding pen pals for the younger members
- ☐ assisting families obtain information regarding ante-natal testing

Contact: The Ectodermal Dysplasia Society,

Unit 1 Maida Vale Business Centre, Leckhampton, Cheltenham
Gloucestershire GL53 7ER
Tel: 01242 261332
Mobile: 07774 465712
Email: info@edsociety.co.uk
<http://www.edsociety.co.uk>

13.106 Ellon Epilepsy Support Group

The Ellon Epilepsy Support Group is a self-help group offering mutual support and friendship to people with epilepsy. The group meets at Quarriers, Bridge Street, and Ellon on the last Monday of the month from 7.00pm-8.30pm. The group is supported by [Quarriers](#)

Contacts: Quarriers Epilepsy Fieldworker: Lorraine McNabb
Mob: 07947 634390
Phone: 01358 721234

13.107 ENABLE Scotland

We are a charitable organisation founded in 1954 by the parents of children who had learning disabilities in order to ensure that people who have learning disabilities have the same choices and opportunities in life as everyone else. Find out about [how we are run](#).

We campaign to fight discrimination and inequality and ensure that people who have learning disabilities are regarded as equal members of society. Find out about [how we campaign](#) for a better life for children and adults who have learning disabilities.

We are a service provider offering a wide range of person centred services designed to ensure that people who have learning disabilities can live the life they want and actively participate in their community. Find out more about our [person centred services](#).

By telephone: Central Services Office number is 01698 737 000

Service-related enquiries, ENABLE Direct: 0300 0200 101

By Email: enabledirect@enable.org.uk

Address: INSPIRE House, 3 Renshaw Place, Eurocentral
Lanarkshire ML1 4UF

Central Services office Tel: 01698 737 000

Service related enquiries: Tel: 0300 0200 101

Aberdeen Branch

Contact: 0300 0200 101 for information

Bucksburn and District Branch

Contact: Joyce Emslie

Telephone: 01467 632977

Fraserburgh Branch

Contact: 0300 0200 101 for information

Kincardine and Deeside Branch

Contact: Alastair Mutch

Telephone: 01569 765451

13.108 Encephalitis Society

The Encephalitis Society is a UK based charity set up by people affected by encephalitis in 1994. We are the only resource of our kind in the world providing a dedicated service to people affected by encephalitis and their loved ones

- We provide a telephone information line: Monday to Friday 9am to 5pm. Answerphone outside these hours
 - We have a range of information materials including books, DVD, leaflets and factsheets
 - We have a dedicated direct support service offered via telephone, letter, and e-mail and, on occasion, outreach visiting
 - We provide a range of opportunities to get together including an Annual meeting, Retreat weekend, Children and Family breaks
 - We send out a regular Newsletter with news and information on developments in the consequences of, and treatment of Encephalitis
 - An expert Professional Panel contributes to the strategy of the Society, particularly with regard to the production of evidence based information and research
 - Our web site, www.encephalitis.info offers access to a wide range of up to date information on the condition, its consequences, treatment and rehabilitation
 - The Society is managed by a Board of Directors, the majority of whom have been personally affected, or have a direct professional interest in encephalitis
 - We contribute to ongoing research in the field either by the funding of, the support of, or conducting research to further understand the causes and consequences of encephalitis.
 - We have developed a Regional Representative Volunteer Service in several areas within UK, facilitating a more effective way of obtaining local information and support.
-

Contact: The Encephalitis Resource Centre, 32 Castlegate, Malton,
North Yorkshire, YO17 7DT

Telephone: Administration: 01653 692 583

Fax: 01653 698 551

Support Line: 01653 699 599

Email online at:

<http://www.encephalitis.info>

13.109 Epilepsy Scotland

Epilepsy is the most common neurological disorder. We offer support services to parents and carers of children who have epilepsy. Our helpline http://www.epilepsyscotland.org.uk/helpline/info_40.html can help you understand the effect epilepsy can have on behaviour, learning and family life and we have lots of free information to download on our website http://www.epilepsyscotland.org.uk/information/cat_1.html. Our children's services range from schools awareness programs and parental support groups to youth workshops and social work assessments and our qualified sleep counsellor http://www.epilepsyscotland.org.uk/sleep-clinics/info_138.html can give you information over the phone.

Contact

Epilepsy Scotland Helpline

Freephone number: 0808 800 2200

Helpline email: contact@epilepsyscotland.org.uk

Helpline text: 07786 209 501

Epilepsy Scotland Glasgow Office

48 Govan Road, Glasgow G51 1JL

Telephone: 0141 427 4911

Fax: 0141 419 1709

Email: enquiries@epilepsyscotland.org.uk

Epilepsy Scotland Edinburgh Office

SPACE Room 21

11 Harewood Road

Edinburgh

EH16 4NT

Telephone: 0131 659 4730

FAX: 0131 343 2409

Email: enquiries@epilepsyscotland.org.uk

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

13.110 Erb's Palsy Group

This site offers advice and information on the injury Erb's Palsy / Obstetrical Brachial Plexus Paralysis. The group has been running since 1991 and has a membership of 1540 families currently.

Mission Statement: To advance the education of the public in the subject of Erb's Palsy, particularly by the provision of information and guidance to sufferers and to their families so as to assist them to achieve their full physical, intellectual, emotional and social potential

We offer help to parents and professionals by:

- Giving support to parents, adults and children.
- Putting parents in contact with each other.
- Producing quarterly newsletters.
- Help with obtaining medical information.
- Advice on benefits and aids for the children.
- Holding annual events for families.
- Producing information sheets
- Providing information on treatments available.
- Holding annual education days for professionals.

Contact: Karen Hillyer

Telephone: 024 7641 3293

General enquires email: info@erbspalsygroup.co.uk

Address: Erb's Palsy Group, 60 Anchorway Road, Coventry, CV3 6JJ

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

13.111 Eczema Outreach Scotland

"Eczema Outreach (Scotland) is the support charity for families affected by eczema in Scotland and focuses on children with the condition and their carers."

Whilst we cannot provide medical advice, we help our families in many ways, from practical advice with school or benefits, emotional support, family outings, peer-groups, children's challenges and much more.

Eczema Outreach (Scotland) was set up to improve the quality of life of people affected by eczema, their families and carers in Scotland

People with eczema and their carers are given the opportunity to lead fulfilling lives in inclusive communities and can access high quality services which meet their needs.

This means...

- People with eczema meet their full potential in life
-

- Families affected by eczema feel supported and confident
- Communities have an understanding of the condition and offer inclusive opportunities
- Policy makers understand the needs of people with eczema and their carers
- Organise social outings for children with eczema [and their families](#)
- Raise awareness of the condition and reduce stigma
- Lobby for better statutory services

Contact: 129 High Street, Linlithgow EH49 7EJ

Tel (Office): 01506 840 395

Tel (Freephone): 0800 622 6018

E-mail: info@eczemaoutreachscotland.org.uk

Web: www.eczemaoutreachscotland.org.uk

13.112 FDUK

We are the British chapter of the Dysautonomia Foundation of the USA.

Our mission is:

- to alleviate the suffering from Familial Dysautonomia in any way
- to raise public awareness of the disease
- to invite and receive donations for the above objectives

Familial Dysautonomia (pronounced “Dys-auto-NOMia”) or FD, is also known as “Riley-Day syndrome” and “hereditary sensory and autonomic neuropathy type III”. It is a neurodegenerative genetic disorder primarily affecting individuals of Ashkenazi Jewish descent.

To see an FD specialist in the UK, arrange for a referral to Dr. Paul Brogan at Great Ormond Street Hospital, London WC1N 3JH.

Contact: DSGB, PO Box 17679, London NW4 1WS.

Secretary, telephone: 020 8203 3761

Enquiries telephone: 020 8357 0038

Email online at:

<http://www.virginmoneygiving.com/charities/fd-uk>

<http://www.facebook.comFDUKgroup>

13.113 Foetal Alcohol Spectrum Disorders Trust (FASD)

The FASD Trust was started in January 2007 in response to the growing number of requests for information on FASD being received by the adoptive parents of a child with FAS.

The FASD Trust exists as a charity to raise awareness of FASD thereby;

- improving the understanding of those with FASD and;

- Increasing the support that those with FASD and their families / carers receive, not just from statutory bodies, but from the wider community.
- Preventing others being born with FASD.

It aims to do this by:

- running support groups
- having a telephone helpline
- holding training seminars
- Providing advice on "best practice" to teachers, medics and other professionals involved in the care of those with FASD.
- Informing local and national decision makers to ensure provision for those with FASD.
- Collaborating with others.

Contact: The FASD Trust,
Unit 8, The Gallery, 54 Marston Street, Oxford OX4 1LF

Tel: 01608 811599

Email online at:

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

13.114 Fibromyalgia Association

Fibromyalgia Association UK is a registered charity administered by unpaid volunteers. The majority of volunteers are also fibromyalgia sufferers who work extremely hard, despite their condition, in order to forward the cause of fibromyalgia. FMA UK was established in order to provide information and support to sufferers and their families. In addition, the Association provides medical information for professionals and operates a national helpline.

National Helpline 0844 887 2444 (10am - 4pm Mon - Fri)

Benefits Helpline 0844 887 2450 (10am - 12pm Mon, Wed, Fri)

Contact: Studio 3007
MileEnd Mill, 12 Seedhill Road, Paisley, PA1 1JS
Tel: 0844 826 9022 (Not for Support Calls)
Email online at:

<http://www.fmauk.org>

13.115 Forres ME Support Group (Myalgic Encephalopath)

Forres ME Support Group is a support group for sufferers of ME/CFS (Myalgic encephalopathy, Myalgic Encephalomyelitis, Chronic Fatigue Syndrome) and their families in the Forres area. The group does not hold formal meetings but can arrange an informal and relaxed chat over a coffee/snack at a local cafe or pub if required. Any person newly diagnosed can also contact the following person if they don't wish to meet up, who will be happy to help in any way he can.

Contact:

Jeff Bull

Phone: 01309 671210

Email: mickbull@aol.com

13.116 Fragile-X Society

The Fragile X Society was formed in 1990 by families whose children had just been diagnosed with Fragile X Syndrome. At that time there were no facilities to support and inform families about any aspect of fragile X, and so the Society came into existence. The charity has now grown to consist of a team of dedicated employees and volunteers, supporting thousands of individuals and families.

Our Aims

- To provide **information and practical guidance to support and empower** individuals and families living with Fragile X Syndrome and Fragile X-associated conditions
- To **educate and inform the public and professionals** about Fragile X in order to raise awareness and understanding of the syndrome and improve support for all individuals affected by Fragile X
- To **encourage research** into all aspects of Fragile X through the participation of our family members in Fragile X studies and to publicise the results.
- To raise funds to carry out our work

Contact: The Fragile X Society, Rood End House, 6 Stortford Road
Great Dunmow, Essex CM6 1DA

Tel: 01371 875100

Email: info@fragilex.org.uk

<http://fragilex.org.uk>

13.117 Friends for Life Group

4 support groups for children and young people with additional support needs aged 6 -25 years.

These clubs are designed to provide the chance for children and young people, who may find it difficult interacting in a mainstream club, with the opportunity to socialise and meet other young people to hang-out with

Contact

Email: Elaine.Michael@vsa.org.uk

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

13.118 Friends of the Special Nursery

Children with additional support needs

Does your child have special needs, or do you have concerns about your child's development? This organisation provides information and support.

Baby/toddler groups: Attending your first mother & toddler session can be quite a stressful experience, and if your little one has additional support needs, it can feel even more difficult. Contact us for details of toddler groups in the Aberdeen City and Aberdeenshire areas.

Contact: Postal address: C/O Neonatal Unit
Aberdeen Maternity Hospital, Cornhill Road, Aberdeen AB25 2ZL

Email: info@specialnursery.org

<http://www.specialnursery.org/contact-us/>

13.119 Gaucher's Association

Since 1991, The Gaucher's Association has been active in promoting awareness and research, providing general and specific information - including keeping our members up-to-date on the latest research developments, and perhaps most importantly, establishing a support network for those affected by Gaucher disease.

Most of our members are in the UK and Ireland and we are a registered charity that relies solely on fundraising and by voluntary donations. The Association aims to:

- Provide information about Gaucher disease and keep families and medical advisers up to date with the latest developments.
- Encourage the availability of treatment including enzyme replacement therapy.
- Keep families in touch for support.
- Actively promote medical research into Gaucher disease.

Contact: Gaucher's Association, Evesham House Business Centre, 48-52 Silver Street, Dursley, Gloucestershire GL11 4ND

Phone/Fax: 01453 549 231

Email from the website

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

13.120 Glaucoma Association (International – IGA)

The International Glaucoma Association (IGA) is the charity for people with glaucoma, with the mission to raise awareness of glaucoma, promote

research related to early diagnosis and treatment and support patients and all those who care for them.

IGA services are provided free of charge and include:

- Practical information and emotional support via Sightline (glaucoma helpline)
- A wide range of free leaflets for patients, carers and professionals, with the Information Standard accreditation
- Support group meetings across the UK where people can hear from eye specialists and share experiences
- Information and resources for health professionals
- The IGA also organises awareness campaigns, funds pioneering research and works with other organisations to improve glaucoma care.

Contact

Sightline: 01233 64 81 70

Switchboard: 01233 64 81 64

Fax: 01233 64 81 79

Email: info@iga.org.uk

Address: Woodcote House, 15 Highpoint Business Village, Henwood, Ashford, Kent, TN24 8DH.

<http://www.glaucoma-association.com>

13.121 Go Kids Go

Go Kids Go! is a small national charity and our mission is to enable young wheelchair-users throughout the UK to become independently mobile.

Aims and Objectives: Our primary objective is to equip young wheelchair-users with the skills to help them reach their full potential and also to increase their confidence. The skills and support we offer through our free courses are unique, practical and fun and we believe that it is important to allow parents/carers, siblings and friends to join in with the training, fun and games that we provide. To enable this we carry a stock of spare wheelchairs to our courses and we are always available afterwards to provide advice and support as well as guidance in acquiring the most suitable wheelchair for each individual's specific needs.

The work we do: Go Kids Go! has a team of highly skilled trainers who, every year, run over 100 days of mobility skills training with young wheelchair-users and their families across the UK and Ireland and we make absolutely no charge to these families for the services that we offer.

The charity runs an annual workshop in Aberdeenshire and welcomes enquiries from families and therapists.

As Go Kids Go! makes no charge for the training and support we provide for young wheelchair-users and their families throughout the UK, we are completely reliant upon donations to allow us to continue our vital work.

Contact

Address: 90 Wilbert Lane, Beverley, East Yorkshire HU17 0AL

Tel: 01482 887163

Email: claire@go-kids-go.org.uk

<http://www.go-kids-go.org.uk>

13.122 Goldenhar Family Support Group UK

The site has been set up to support families throughout the U.K. who face the day to day challenges of supporting relatives with Goldenhar Syndrome and related problems, e.g. Hemifacial Microsomia and Microtia. The site is written and run by families who have first-hand experience of this medical condition and are NOT medical professionals.

Our mission statement:

- We are here first and foremost to provide information and support services for families who have children with Goldenhar Syndrome.
- We are here to gather and present information that families and health professionals can use to better understand the problems and to disseminate that information to all interested parties.
- We provide annual family days at a considerably reduced cost to the families attending. (Subject to available funds).

The aims of the group are to:

- Put families in touch with other families who have children or family members with similar problems.
- Give parents and patients viewpoints about the syndrome through a regular newsletter.
- Provide a link to other organisations who might be able to help families.
- Pass on some general information from specialists in the medical profession.
- Offer practical support for common issues.

Contact: directly from website

Email: info@goldenhar.org.uk

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

13.123 Gout society (UK)

The UK Gout Society is a registered charity.

Its mission and objectives are:-

- To provide basic information about this metabolic disorder for people who suffer from gout.
-

- To provide gout sufferers with further information about the causes and treatment of gout, and about organisations that are committed to education, health promotion and the prevention of gout.
- To increase public awareness and knowledge about this painful, potentially disabling, but eminently treatable disorder

Gout is in fact one of the most common forms of arthritis. If you have ever had a gout attack, you may never have experienced pain quite like it.

You are not alone, gout currently affects approximately 1 in 40 people in the UK.

If you think you have gout, it is important you seek help from a medical professional as soon as possible – not only to get the right treatment but also to rule out links with any other possible health conditions.

Contact:

UK Gout Society Secretariat

UK Gout Society

PO Box 90

HINDHEAD

GU27 9FWEmail: info@ukgoutsociety.org

<http://www.ukgoutsociety.org>

13.124 Grampian Autistic Society

Grampian Autistic Society started primarily as a support group for parents of young children with autism spectrum disorders but has since grown to encompass people of all ages with autistic spectrum disorders, including Asperger Syndrome.

Grampian Autistic Society came into being in 1988. Its initial aims were:

- to bring parents together and establish a support network
- to draw attention to the fragmentation of services then available to children and families affected by an Autistic Spectrum Disorder
- to inform and heighten professional and public awareness of the nature and extent of such conditions.

At each stage in its development to date, Grampian Autistic Society has sought to reflect its philosophy, values and aims. These include being a parent-led organisation which seeks to ensure that:

- the nature of Autistic Spectrum Disorders is reflected in the planning and provision of services relevant to affected individuals and their families.
- Services are constructed appropriately and are responsive to changes in need

- the pattern of service provision facilitates integration, continuity of care and ongoing support.
- Assessment, Outreach and Playscheme services available (Jigsaw Centre).

Contacts:

Telephone No: 01224 277900

Address: Grampian Autistic Society Limited, 35, Carnegie Drive, Ashgrove, Aberdeen AB25 3AN

Email: admin.gas@classmail.co.uk

Brian Walsh - General Manager

Email: brian.walsh@classmail.co.uk

Phyllis Ingram – Administrator

Email: admin.gas@classmail.co.uk

Pearl Begbie – Service Manager

Email: pearl.begbie@classmail.co.uk

Senior Team Leaders (Playscheme) Email: playscheme.gas@classmail.co.uk

Ruella-Maria Matson - Children's Services Coordinator

Email: playscheme.gas@classmail.co.uk

Jen Mowat - Outreach Coordinator Email: outreach.gas@classmail.co.uk

John Forrester - Training and Assessment Consultant

Email: john.forrester@classmail.co.uk

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

13.125 Grampian Deaf Children's Society

Grampian Deaf Children's Society (GDCS) is a local registered charity, affiliated to the National Deaf Children's Society. We provide information and advice on all aspects of childhood deafness to the families of deaf children. We include all deaf children, with a wide range of hearing impairment from mild to profound, those with hearing aids, those with cochlear implants, and temporary deafness. Grampian Deaf Children's Society also provides support to families of newly diagnosed deaf children. More than 80% of deaf children are born to families with no history of deafness. These families need a sympathetic ear and practical help in coming to terms and dealing with their child's disability. Many of our local deaf children are in mainstream schools and may never meet other deaf children. This can lead to them being socially isolated. A large part of our work is the organisation of events that allow the children to meet and establish links with a deaf peer group

Contact: For more information about forthcoming events visit our blog grampiandcs.blogspot.com or get in touch on 07881 783459, grampian@ndcsgroup.org.uk

Email: grampian@ndcsgroup.org.uk

Website: <http://grampiandcs.blogspot.co.uk>

13.126 Guillain-Barré Syndrome Support Group

The objectives of the GBS Support Group are:

- to provide emotional support to patients, their families and friends;
- to provide, when possible, personal visits by former patients to those currently in hospitals and rehabilitation centres and to those recovering;
- to supply a comprehensive short guide for patients, relatives and friends, and other literature, so that patients and their families can learn what to expect during the illness;
- to educate the public and medical community about the Support Group and maintain their awareness of the illness;
- to foster research into the cause, treatment and other aspects of the illness;
- to encourage special interest groups, e.g. CIDP, GBS in pregnancy, and GBS in children; and
- to encourage financial support for the Group's activities

Contact

Address: Ground Floor, Woodholme house, Heckington Business Park,
Station Road, Heckington, Sleaford NG34 9JH

UK Helpline: **0800 374803**

Tel: 01529 469910

Fax: 01529 469915

E-mail: office@gbs.org.uk

Free Helpline UK: 0800 374 803

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

13.127 Headlines – Craniofacial Support

Headlines is a charitable organisation based in the UK which aims to provide support and help to all those affected by Craniosynostosis (both syndromic and non-syndromic) and associated conditions. Craniosynostosis is evident when one or more of the plates in the skull fuses, normally before birth, resulting in problems often requiring surgical intervention at a young age. Some conditions require ongoing surgical as well as other medical treatments into early childhood. Due to many of these conditions being rare, new parents and carers often find it difficult to find information to help them to understand what is in store for their child, or even where to find appropriate treatment. Headlines helps by providing factual information on the various conditions and links to appropriate medical establishments experienced in treating these conditions. Headlines also provides a confidential and friendly telephone helpline to all those affected, as well as regular newsletters with real life stories from members living with these conditions. The annual family weekend gives families the chance to attend informative workshops and seminars as well as the opportunity to meet other families experiencing similar conditions.

Contact

Helpline: 01454 850557 (9am-9pm weekdays / weekends unless in an emergency)

Email: info@headlines.org.uk

Address: Headlines, 8 Footes Lane, Frampton Cotterell

Bristol BS36 2JQ

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

13.128 Haemochromatosis Society

Haemochromatosis, or GH (Genetic Haemochromatosis), is a genetic disorder causing the body to absorb an excessive amount of iron from the diet: the iron is then deposited in various organs, mainly the liver, but also the pancreas, heart, endocrine glands, and joints.

Normally the liver stores a small amount of iron for the essential purpose of providing new red blood cells with iron, vital for health. When excessive quantities of iron are stored in the liver it becomes enlarged and damaged. Deposits of iron may also occur in other organs and joints, causing serious tissue damage. For a long time it was believed that the disorder was rare, so GH was seldom considered as a possible diagnosis. However, recent surveys of people of Northern European origin have shown a prevalence of 1 in 200 likely to be at risk of developing iron overload. GH is now recognised as being one of the most common genetic disorders.

The Society was set up to provide support and information for those affected by GH. Members receive information leaflets, treatment record cards, a Haemochromatosis Handbook, quarterly newsletter and the opportunity to attend the AGM and hear medical professionals give their updates.

Contact: The Haemochromatosis Society, PO Box 6356, Rugby, CV21 9PA.
Telephone: 03030 401 101 (Office) / 03030 401 102 (Advice line)
email: office@haemochromatosis.org.uk (Office)
advice@haemochromatosis.org.uk (Advice line)
<http://www.haemochromatosis.org.uk>

13.129 Haemophilia Society (Scotland)

The Haemophilia Society is the only national and independent organisation for all people affected by bleeding disorders. The Society is led by affected people and works in close partnership with the NHS. We provide information and support for all people affected by bleeding disorder and represent their interests. Haemophilia Society has set up Haemophilia Scotland to conduct all our work in Scotland. This recognises the fundamental differences in the way the NHS is structured and run in Scotland; the different political system in Scotland; and most importantly the different needs of our members

in Scotland. There are five local groups in Scotland which means that there is a group in your area

Contact: Haemophilia Scotland

4th Floor, Hayweight House, 23 Lauriston Street, Edinburgh EH3 9DQ

Phone or text us: 0131 524 7286

Email us: hello@haemophiliascotland.org

Freephone Information and Support Line: 0800 018 6068

<http://haemophilia.scot/>

13.130 Headstart 4 Babies

Our mission: Headstart4Babies is a charitable organisation which aims to raise awareness of plagiocephaly and brachycephaly. As well as heightening the profile of both conditions, we also offer support, advice and, where required, treatment to families whose babies are affected.

We also aim to work with NHS professionals to educate parents about ways in which plagiocephaly and brachycephaly can be alleviated and to introduce both health workers and parents to the benefits of helmet therapy for babies with severe asymmetry.

Our longer-term objectives are to build a fund to assist families on low incomes to benefit from helmet therapy and, ultimately, to persuade the NHS to embrace and offer treatment across the UK.

Our vision is that, by working with GPs, health visitors and consultants to offer advice on simple techniques to alleviate plagiocephaly and brachycephaly, we see fewer babies in helmets rather than more. Where this is ineffective or not possible, our vision is that helmet therapy for severely affected babies will be available without charge on the NHS throughout the UK

Contact: Headstart4Babies

The Studio, 54 Woodfield Lane, Lower Cambourne, Cambridge CB23 6DS

Email: info@headstart4babies.co.uk

<http://www.headstart4babies.co.uk>

13.131 Headway – the brain injury association (Headway in Scotland)

Aims and Objectives:

Our Mission is:

- To promote understanding of all aspects of brain injury and to provide information, support and services to people with a brain injury, their families and carers.
- Our Objectives are:
- To increase awareness of brain injury and its consequences

- To initiate activities and campaigns which will reduce the incidence of brain injury
- To provide information and support for people with brain injuries, their relatives and carers and concerned professional people
- To promote improved approaches to brain injury screening, acute care, assessment, rehabilitation and social re-integration
- To assist people with brain injuries to return to community living, including access to appropriate accommodation, social outlets, and productive activity
- To support and help to establish Headway groups throughout the UK in furtherance of the charity's mission statement

Contact:

The Brain Injury Grampian Group

Ian Crombie, Messrs Digby Brown
220 Union Street, Aberdeen United Kingdom AB10 1TL

Telephone: 01224 733941 / 07532 186155

<http://brain-injury-grampian.weebly.com/>

Helpline: 0808 800 2244

<http://www.headway.org.uk/Regions/Scotland.aspx>

13.132 Hemi Help – For Children and Young People with Hemiplegia

HemiHelp is a membership organisation supporting children and young people with hemiplegia, and their families.

Magazine - Members of HemiHelp receive a quarterly magazine packed with news and features.

Publications - HemiHelp produces a range of leaflets, booklets and books about all aspects of hemiplegia.

Facebook group – Members support each other online @ www.facebook.com/groups/5512952137.

Office: 0845 120 3713

Email: support@hemihelp.org.uk

Address: HemiHelp, 6 Market Road, London. N7 9PW

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

13.133 Hepatitis B Foundation UK

Our mission is to:

- promote interventions designed to prevent hepatitis B virus infection, including universal immunisation

- promote the welfare of people with hepatitis B virus infection and its related complications by educating
 - people with hepatitis B virus infection
 - health professionals and others who care for them
 - the general public
- facilitate supportive networking between patients, their families and friends
- secure the best possible services in the UK for the management of liver diseases related to hepatitis B virus infection, including liver cancer

Contact: The Hepatitis B Foundation UK

The Great Barn, Godmersham Park, Canterbury, Kent CT4 7DT

You can also telephone the Hep B Foundation UK (Monday - Friday, 9.00am - 4.45pm) always call the helpline number in the first instance please

Helpline: 08000 46 1911

Office: 01227 738279

Email: admin@hepb.org.uk

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

13.134 Hepatitis C Trust

The Hepatitis C Trust is the national UK charity for hepatitis C. It was founded and is now led and run by people with personal experience of hepatitis C and almost all of our Board, staff and volunteers either have hepatitis C or have had it and cleared it after treatment

Historically, hepatitis C has been neglected, partly because there has been no concerted patient voice. People with hepatitis C have typically kept quiet and this has allowed misconceptions and stigma to develop around it. Only by strengthening the voice of people affected by hepatitis C can we ensure services meet the needs of everyone who needs them.

The Trust is committed to changing this, by:

- raising public awareness that this is a virus that can be contracted in many ways
- ending discrimination against people living with hepatitis C
- creating an active community of patients willing to stand up and be heard
- providing information, support and representation for people with hepatitis C

Contact: The Hepatitis C Trust, 27 Crosby Row, London SE1 3YD

Office: 020 7089 6220

Fax: 020 7089 6201

Email: admin@hepctrust.org.uk

Helpline: 0845 223 4424 10.30 to 4.30 Monday to Fri day

Email: helpline@hepctrust.org.uk

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

13.135 Hereditary Spastic Paraplegia Support Group

Hereditary Spastic Paraplegia is a diagnosis which covers a range of rare genetic disorders. People of all age groups can be affected. The main symptoms are stiffness (spasticity) and/or paralysis in the lower limbs. HSP causes degeneration of the upper motor neurons within the brain and spinal cord. Filaments (called axons) within the neurons relay messages to the limbs. The longest of these connect with the lower limbs and are affected more than those to the upper body. So most people with HSP do not have symptoms in the hands or arms. For those with uncomplicated HSP, the condition has little or no effect on life expectancy.

The HSP Support Group helps people diagnosed with Hereditary Spastic Paraplegia [also known as Familial Spastic Paraparesis]. It is a UK based Registered Charity and was started as a 'self-help' group in 1989 by Stephanie Wyatt to support her affected husband and son. We now have over 300 members in the UK. We are trying to reach more people with the condition, this remains a problem due to the rarity of diagnoses.

The Group aims to encourage and support members and to assist research. We have recently provided grants to teams researching aspects of the condition and we regularly publish information about HSP and the Group to our members.

The Group provides various ways for members to keep up-to-date and communicate with each other:

- An [Annual General Meeting](#) featuring lectures by HSP specialists.
- [Regional meetings](#) are held twice a year in some of our regions.
- A [newsletter](#) published to our members quarterly
- A telephone and e-mail [help-line](#) offering advice and support to members.
- A library of information articles on HSP.
- [Grants](#) are provided to members to help with the purchase of mobility aids
- [Research Grants](#) are provided in support of projects researching aspects of the condition
- An e-mail discussion group system allows members to share information and experiences

Contact Us: Ian Bennett (Main Contact), Chairman/Membership Secretary

Address: 37 Wimborne Road West, Wimborne, Dorset BH21 2DQ

Telephone: 01202 849391

OR: Stephanie Flower, 37 Alexandra Road, Great Wakering, Southend, Essex SS3 0HN

Telephone: 01702 218184

<http://hspgroup.org>

13.136 Hirschsprung's and Motility Disorders Support Network

The Hirschsprung's & Motility Disorders Support Network (HMDSN), is an organization that makes it possible for ordinary people and families, whose children suffer from Hirschsprung's Disease and other Gastrointestinal motility disorders to support each other. We want to help parents with children who suffer from these Secret Diseases

Gastrointestinal motility is defined by the movements of the digestive system and the ability to rid the body of unneeded waste. When nerves or muscles in any portion of the digestive tract do not function correctly, symptoms develop related to motility problems. These symptoms may include constipation, abdominal distention, reflux, nausea, vomiting, and diarrhoea. The most common disorders HMDSN encounters are Hirschsprung's Disease (HD) Intestinal Neuronal Dysplasia (IND or NID) and Intestinal Pseudo-Obstruction (CIP). While the severity of these disorders vary, each family will usually experience some of the same feelings and problems.

Contact: Mill House, Thrumster, Caithness Scotland KW1 5SE

Email: info@hirschsprungs.info

Phone: 07935787776

<http://www.hirschsprungs.info>

13.137 HITS Worldwide

HITS (Worldwide) is a family support network which was specifically set up by families to support other families with this syndrome because no other support group existed anywhere else in the world. HITS (Worldwide) aims to support families by email, yahoo support group, Facebook, an annual newsletter and an annual family day to try and help reduce the isolation often felt.

The definition of HI is: A neurocutaneous syndrome of streaky, patchy, whorl-like, or linear macular hypopigmentation of the skin, often associated with seizures, developmental and intellectual retardation and other anomalies.

Aim and Objectives:

- To enrich the lives of families and children affected by Hypomelanosis by facilitating and encouraging communication and linking families together, and by being a focal point offering verbal and written support
- To put families who have a common situation or difficulty in touch with each other to enable them to gain mutual support and friendship.
- To reduce the sense of isolation families and children with disabilities or special needs often feel.

- To liaise with the medical profession to communicate the group's existence and to share medical information available to us to help promote earlier diagnosis.
- To organise an Annual or Bi-Annual Family Event.
- To promote the importance of the group and the need for communication.

Contact: HITS (Worldwide) Family Support Network
National Contact and Co-ordinator - Sandra Field
Address: 33 Fernworthy Close, Torquay Devon TQ2 7JQ
Tel HELPLINE: +44 020 8352 1824

Chairperson and London Contact - Terri Grant
Tel: 07940 114943
Email: indy5258@hotmail.com

Facebook - <https://www.facebook.com/groups/314250980055/?fref=ts>

Yahoo Groups - hitsuk2001uk-subscribe@yahoogroups.com

<http://www.e-fervour.com/hits>

13.138 Hughes Syndrome Foundation

Welcome to the website of the Hughes Syndrome Foundation. We are a UK registered charity dedicated to promoting awareness and funding research into Hughes Syndrome which is also known medically as the antiphospholipid syndrome (APS). Our website provides information about the charity and all aspects of Hughes Syndrome for patients, doctors and supporters.

Hughes Syndrome is an autoimmune disorder which can present many clinical features, some of which can be life threatening, including strokes and thrombosis, and it can also be the cause of recurrent miscarriage. The good news is that, once diagnosed, Hughes Syndrome is potentially treatable; the bad news is that, as the condition is relatively new, it often goes undetected or misdiagnosed. With your help we hope to raise the profile of Hughes Syndrome so that we can discover more about its causes, prevalence and treatment.

Contact: The Hughes Syndrome Foundation
Conybeare House, Guy s' Hospital, London SE1 9RT

Telephone: 020 7188 8217
Email: info@hughes-syndrome.org
<http://www.hughes-syndrome.org>

13.139 Huntly Area Cancer Support Group

The Huntly Area Cancer Support Group provides practical and emotional support and friendship to anyone whose life has been affected by cancer, whether as a patient, carer, relative or friend, and those who have been bereaved through cancer.

The Group provides:

- Assistance and advice about entitlements and benefits
- Complementary therapies
- Limited ad hoc assistance to purchase or hire medical and other items to improve quality of life
- Occasional outings and social events
- Provide information and encourage knowledge on cancer related issues
- Training for members

Individual Contacts:

Address: Huntly Area Cancer Information and Support Centre

11 Deveron Street, Huntly Aberdeenshire AB54 8BY

Phone: 01466 799202

Email: facilitator@huntlyareacancersupport.org.uk

Website: <http://www.huntlyareacancersupport.org.uk>

13.140 Hyperactive Children's Support Group

The Hyperactive Children's Support Group is a registered charity which has been successfully helping Attention Deficit Hyperactivity Disorder (ADHD) and hyperactive children and their families for over 35 years. Our specialism is advocating a dietary approach to the problem of hyperactivity.

The HACSG has a great deal of information available related to Food Additives, Food Intolerance, Omega Fatty Acids, Vitamins & Minerals and how they can impact on hyperactivity and ADHD.

Through our books, publications and literature, Parents, Carers and Professionals can learn more about the benefits of a dietary change. Not just for children and young people but for adults as well.

Office opening hours: 2.30-4.30pm weekday afternoons, please don't leave messages

Contact: The Hyperactive Children's Support Group, 71 Whyke Lane, Chichester, West Sussex PO19 7PD

Telephone: 01243 539966

Email: hacsg@hacsg.org.uk

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

13.141 Hypermobility Syndrome

The Hypermobility Syndrome Association (HMSA) is a charity run by and for people diagnosed with the Hypermobility Syndrome (HMS).

What we do:

- The HMSA aims to provide support and information to those affected by the Syndrome and to promote knowledge and understanding within the medical community and the public at large.
- We hope to assist sufferers to come to terms with the HMS and the distress that it can cause. The severity of the effects of HMS varies with the individual: some have few symptoms others are severely affected. HMS is an 'invisible illness' and because of this we can look well to the outside world but are often in severe pain. Moreover the nature of hypermobile joints combined with frail tissues means that we are prone to injury when performing simple everyday tasks. This opens us to scepticism, particularly by those in the medical profession who know little about HMS. The pain, stress and frustration can lead to depression: thus depression can often be mistaken as the cause of the illness, not a result of it.

We work closely with those in the medical community with a special interest in HMS. Through our newsletters we aim to provide members with updates on the developments and issues within the medical community. As patients we need as much current and useful information as is available.

Contact: The Hypermobility Syndrome Association
The Hypermobility Syndromes Association
Sovereign House, 22 Shelley Road, Worthing, West Sussex BN11 1TU

Telephone: 033 3011 6388

<http://hypermobility.org/>

13.142 Hypoparathyroidism UK

HPTH UK is the only organisation dedicated to improving the diagnosis, prevention and treatment of hypoparathyroidism and other parathyroid conditions in the UK. We provide support, information and advocacy for people with all parathyroid conditions, their families, friends and carers. We are also a resource for health professionals with an interest in parathyroids and calcium management and work closely with endocrinologists across the UK.

Our aim is to improve the lives of people living with HPTH and other parathyroid conditions and we seek to achieve this by:

- Providing support, education and advocacy for people with parathyroid conditions.
 - Bringing together people with, and interested in, parathyroid conditions.
 - Providing accessible information and resources to patients and professionals
-

- Raising public, government and medical awareness of parathyroid conditions.
- Campaigning for access to best treatment and care
- Assisting in and promoting research
- Fundraising to help us achieve these aims

HPTH UK is advised by a team of [medical advisors](#) who are experts in their fields and works with and is supported by the [Society for Endocrinology](#) and is recognized by the [British Thyroid Association](#) and the [British Association of Endocrine and Thyroid Surgeons](#).

We are run entirely by a small, committed team of volunteers who are passionate about providing the best possible service to you. Whatever your needs are, we will do our best to provide you with the information and support you need. If we can't answer your question immediately, we will do the necessary research or speak to our medical advisors and come back to you

Contact: Hypopara UK, 6 The Meads, East Grinstead, West Sussex

RH19 4DF

Email us: liz@hpth.org.uk (medical/research/funding/all queries)

General queries: Liz on 01342 316315

Patient Helpline: Liz 01342 316315 and Gillian 01475 522576

<http://hpth.org.uk>

13.143 Ilizarov and External Fixator wearer's Support Group

The aim of this site is to help answer any questions concerning the Ilizarov fixator and is directed toward;

- People who are presently undergoing orthopaedic correction by Ilizarov fixator.
- People who are expecting orthopaedic surgery and the fitting of an Ilizarov fixator as part of this.
- People who may have an orthopaedic condition and who have never heard of the Ilizarov fixator and may like to discuss this with their consultant.

Although primarily dealing with the Ilizarov Fixator (Through personal experience) the monolateral and other external fixators are also covered. The techniques that apply to living with the Ilizarov frame readily adapt to living with most external fixator systems.

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

13.144 IA (the ileostomy and internal pouch Support Group)

North of Scotland IA has been operating in the Aberdeen area for a number of years. The support group helps people who have undergone surgery for an ileostomy or internal pouch return to full and active lives and is an autonomous branch of the national organisation. Personal visits, at home or in hospital, to offer practical advice and encouragement to people who have had, or are about to have, ileostomy or pouch surgery, their families, friends and carers. Twice-yearly medical and social meetings in Aberdeen and Aberdeenshire, featuring talks and equipment exhibitions.

Details of meetings, health workers and stoma care nurse specialists can be found on the North of Scotland IA website.

Individual Contacts: Secretary: Glenda Stewart

Tel: 01561 361938

Email: glenda.stewart@btinternet.com

Chairperson: Sarah Henry

Email: sarah@henry051.orangehome.co.uk

Tel: 01467 626002

Treasurer: Mr Leslie Harrold

Tel 01224 783603

Email: leslie.harrold@sky.com

National Helpline: 0800 018 4724

Email: info@iasupport.org

Website: <http://www.iasupport.org>

13.145 JABS – Support Group for Vaccine Damaged Children

JABS as a self-help group neither recommends nor advises against vaccinations but we aim to promote understanding about immunisations and offer basic support to any parent whose child has a health problem after vaccination.

We want comprehensive information for all parents to make an informed decision on the benefits and risks of vaccination. We are fully aware that some children have and will continue to be damaged by combined and single dose vaccines. However, this knowledge does not mean that parents will leave their child unvaccinated. JABS is trying to support free choice and full information on the real risks of vaccination and childhood diseases.

Contact: JABS National Office: Jackie Fletcher

1 Gawsword Road, Golborne, Warrington, WA3 3RF

Tel. 01942 713565

Email: jackie@jabs.org.uk

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

13.146 Jennifer Trust – for Spinal Muscular Atrophy

Spinal Muscular Atrophy (SMA) is an inherited neuromuscular condition that very specifically affects nerve cells in the spinal cord called lower motor neurons. Acting as a message delivery system allowing the conscious contraction of muscles, electrical signals originating in the brain are fired down the spinal cord, along upper motor neurons and on to skeletal muscles via the lower motor neurons.

In SMA, the lower motor neurons degenerate, impairing the link between the brain and muscles. These muscles can no longer be excited, which causes them to atrophy, or wither, due to inactivity. The motor neurons mainly affected in SMA are those which enable walking, crawling, arm and hand movement, head and neck movement, and swallowing. The muscles used in breathing can also be affected leading to breathing complications. The brain and sensory nerves, which allow us to feel sensation such as temperature and touch, remain relatively unaffected in SMA

We offer the following services to anyone diagnosed with Spinal Muscular Atrophy (SMA), their family members or friends:

- Information sheets
- Emotional support, practical advice and guidance
- Outreach home visits
- Multisensory toy packs
- Peer support
- Young people
- Social activities
- Consultations
- Campaigns
- Publications

Tel: 01789 267520

Fax: 01789 268 371

Contact: JTSMA, 40 Cygnet Court, Timothy's Bridge Road,
STRATFORD upon AVON, Warwickshire CV37 9NW

Email online at:

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

13.147 Keratoconus

Keratoconus (KC) is a condition of the eye meaning conical cornea. It is a rare condition. Numbers affected are about 1 in 2000. It usually affects both eyes, although one eye is normally affected before the other

- We work to raise awareness of Keratoconus
- We provide information and support for people with Keratoconus in The UK.
- We hold a biennial conference for our members which we make available by DVD
- We raise money for research.

- We organise regular meetings for members often with guest speakers
 - We produce a regular newsletter
- To become a full member of our group please

Contact: Anne Klepacz

Email: chair@keratoconus-group.org.uk

Keratoconus Self Help and Support Association, PO Box 26251
London W3 9WQ

Anne Klepacz (Chairman) 020-8993 4759

John Smith (Webmaster)

<http://www.keratoconus-group.org.uk>

13.148 Kidney Cancer Scotland

Kidney Cancer UK is committed to providing all kidney cancer patients and healthcare professionals with reliable and up-to-date information about kidney cancer and its treatments through the provision of our informative literature and website.

We aim to:

- Raise Awareness amongst healthcare professionals and the general public to encourage earlier diagnosis
- Provide up to date and reliable Information to healthcare professionals and kidney cancer patients and their carers
- Provide Support to patients and their carers
- Campaign for new kidney cancer drugs to be made available on the NHS

Contact: Spiersbridge House, Spiersbridge Business Park, Thornliebank, Glasgow, G46 8NG

Tel: 0141 428 3494

E-mail: [online](mailto:online@kcuk.org.uk)

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

13.149 Kidscape (preventing bullying, protecting children)

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. The Kidscape staff equips vulnerable children with practical non-threatening

knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm.

Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

Kidscape offers:

- A Helpline offering support and advice to parents of bullied children
- [Booklets, Literature, Posters, Training Guides, Educational Videos](#) on bullying, child protection, and parenting
- [National Comprehensive Training Programme](#) on child safety & behaviour management issues
- [Advice and Research](#)
- [Confidence Building Sessions](#) for children who are bullied

Contact

Address: Kidscape, 2 Grosvenor Gardens, London SW1W 0DH.

Phone: 020 7730 3300

Fax: 020 7730 7081

email: info@kidscape.org.uk

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

13.150 Klinefelter Syndrome

"The Klinefelter's Syndrome Association offer support and information to all affected by, or having an interest in, Klinefelter's Syndrome, irrespective of age, gender, ethnic origin, religion, sexual orientation or ability. Through our websites and helpline we have information available which can assist employers, teachers, social workers and the medical professions, amongst others, who come into contact with people diagnosed with Klinefelter's Syndrome (KS).

Early diagnosis and a good understanding of the implications of the condition can greatly alleviate future problems and therefore the KSA seeks to raise the profile of the condition with the medical profession, other public and private bodies and the general public so that all understand its implications, not only for the individual affected, but also for all those with whom they have contact during their lives.

We hold an annual Conference and AGM in June and an Activity Weekend is run each spring. A Members' Newsletter is published at least 3 times each year. The KSA hosts a chat forum XXYTalk.com which is full of useful knowledge of KS from other KS men both in this country and across the world.

As a charity the KSA is run entirely by voluntary workers who make up a National Executive Committee (NEC) and is funded mainly through membership fees and donations".

National Helpline: 0300 111 47 48 (Calls charged at Local Rates)

Address: 56 Little Yeldham Road, Little Yeldham, Halstead, Essex, CO9 4QT

Email: ParentsandFamily@ksa-uk.net

email: ManTalk@ksa-uk.net

<http://www.ksa-uk.net/>

13.151 Laurence-Moon-Bardet-Biedl Society

The Laurence-Moon-Bardet-Biedl Society is the only registered charity supporting people with Laurence-Moon-Bardet-Biedl Syndrome, their families and carers.

The aims of the Society, according to its constitution, are: to preserve and protect the health and promote the welfare of persons suffering from LMBBS, and to advance the education of the medical and educational professionals and the general public on the subject of LMBBS

Contact:

Information/Helpline: 01633 718415

Email: chris.humphreys4@ntlworld.com

10 High Cross Road, Rogerstone, Newport NP10 9AD

BBS Clinic Support Workers and Information:

Julie Sales: 01892 685311

Email: kevin.julie1@btinternet.com

Tonia Hymers: 0780568534

Email: toniahymers@btinternet.com

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

13.152 Leukaemia CARE Scotland

Leukaemia CARE is a national blood cancer charity committed to providing care and support to everybody whose lives have been affected by blood cancers - simply supporting a quality of life for all. Leukaemia CARE helps people affected by blood cancers by providing:-

A 24/7 Freephone care line providing 'around the clock' listening and support service for patients, carers and their families on 08088 010 444.

A Nurse Advisor on the care line 2 x evenings a week, or can be contacted by email on nurse@leukaemiacare.org.uk

Buddy One -to –One telephone support

National Support Groups

Patient & Carer Conferences by leading specialists on leukaemia and associated blood disorders

Support Groups - a network of groups across the country with experience of leukaemia and allied blood disorders provide a listening ear, support and advice.

Area Covered: Scotland : Aberdeen / Aberdeenshire / Moray
Aberdeenshire Coverage: Banff & Buchan / Buchan / Formartine / Garioch /
Kincardine & Mearns / Marr
Opening Hours: Care line : 24 hours 7 days a week & Head Office: 9.00am-
5.30pm
Cost of Service: Free to all
Referral: Members of the public can make contact directly / self-referral
Contacts: Esther Wroughton –Care Director
Email: esther.wroughton@leukaemiacare.org.uk
Telephone: 01905 755 977
Additional Addresses: UK Headquarters: Leukaemia CARE,
One Birch Court, Blackpole East, Worcester WR3 8SG
Tel: 01905 755977
Email: care@leukaemiacare.org.uk
Freephone CARE Line number: 08088 010 444 (available 365 days a year
Mon-Sun: 24hrs) - Open to anyone affected by all blood cancers and allied
blood disorders including leukaemia's lymphomas, myeloma, myelodysplasia.
Website: <http://www.leukaemiacare.org.uk>

13.153 Thrombosis UK

Thrombosis UK wishes to increase awareness of thrombosis among the public and health professionals and to raise research funds to improve patient care through improved prevention and treatment of venous thromboembolic disease

Thrombosis UK was established by a group of people who recognise the need to promote awareness about thrombosis and to increase understanding of its causes, effects and the treatment available.

Thrombosis has been – and remains – a major cause of death in the United Kingdom yet astonishingly, this fact is not widely known. Most people have little or no understanding about the causes and effects of thrombosis, and how it can be prevented. Within the medical field, many see thrombosis as a peripheral area.

It is for this reason that Thrombosis UK was founded in February 2002. The charity is governed by seven trustees, supported by a multi-disciplinary group, who are recognised as leaders in thrombosis care and research within the UK. Lifeblood operates with a philosophy of collaboration, openness and information sharing. We campaign, educate and inform to increase awareness and knowledge of thrombosis and we wish to be a voice for everyone affected by thrombosis.

Contact: Thrombosis UK

PO Box 58, Llanwrda, SA19 0AD

Tel: 01558 650222

Executive Officer

Email: admin@thrombosisuk.org

Telephone: 0300 772 9603

www.thrombosisuk.org

13.154 Living with Reflux

As parents and carers we know only too well the problems our infants and children have in dealing with Gastro-oesophageal Reflux every day, this is why we are working hard to raise the awareness and profile of this condition.

We need your help to do this:

- By sharing your story
- Joining us in our community forum
- Letting others know they are not alone
- Aiding the work we do.

Contact:

Living with Reflux, Melbray, Trusthorpe Road, Sutton on Sea, Mablethorpe
LINCS LN12 2LN

Email: info@livingwithreflux.org

<http://www.livingwithreflux.org>

13.155 Lyme Disease Action

Lyme Disease Action is a registered charity addressing the current lack of awareness of Lyme disease amongst the public and the medical profession, and stimulating research into the uncertainties in diagnosis and treatment.

The Public is often unaware that ticks can carry disease. Patients may ignore a rash and being unaware of the significance of some symptoms, do not relate them to their GP. Thus easily diagnosed early Lyme disease can become very difficult-to-diagnose late and chronic Lyme disease.

Doctors often believe that Lyme disease does not exist in their area, they do not recognise the rash and they are unaware of the wide variation of symptoms that can affect almost every part of the body. Lyme Disease Action is accredited to NHS England's Information Standard and provides quality information for both the public and health professionals.

Contact: Lyme Disease Action

P.O. Box 235, Penryn, Cornwall TR10 8WZ

Email: leaflets@lymediseaseaction.org.uk

(For leaflet requests.)

See website for further detailed information.

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

13.156 Lymphoedema Support Network

The Lymphoedema Support Network is a registered charity and the UK's national patient support organisation for lymphoedema.

The Lymphoedema Support Network (LSN) takes the lead role in educating and supporting other patients with this condition by providing a high standard of information and promoting self-help. Since its inception in 1991, when there was very little information or help available for patients, the LSN has evolved into an independent and influential charity. It is the only national patient-led organisation offering information and support to people with this condition and has a unique understanding of the patients' experience.

The Charity has become the largest information resource for lymphoedema in the UK, producing an on-going series of fact sheets, initially for patients; however, the high standard of this information has led to healthcare professionals ordering them for use in hospitals and lymphoedema clinics. Two self-help DVDs produced for patients have also proved to be a valuable resource and teaching aid for healthcare professionals. In addition, the Charity operates an information and support telephone line, produces a quarterly newsletter, maintains a website, promotes the formation of self-help support groups around the country and campaigns at national level for improved standards of care.

Contact: Lymphoedema Support Network, St. Luke's Crypt, Sydney Street
London SW3 6NH

Telephone: 020 7351 0990 (Administration)

Fax: 020 7349 9809

Email: admin@lsn.org.uk

<http://www.lymphoedema.org>

13.157 Lymphoma Association

Lymphomas are cancers of the lymphatic system, which forms part of the body's immune system. There are many different types of lymphoma, although they are broadly categorised as Hodgkin or non-Hodgkin lymphoma. The cause of lymphoma is unknown.

Lymphoma is the fifth most common cancer diagnosed by clinicians in the UK and the most common blood cancer overall. It can occur at any age but is most common in people under 30 and over 55. The incidence of lymphoma is increasing year on year but it is not known why this is happening.

Contact:

Freephone 0808 808 5555

Email: information@lymphomas.org.uk

Mondays to Fridays: 9am until 5pm

Contact: Lymphoma Association, PO Box 386, Aylesbury HP20 2GA

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

13.158 Macmillan Cancer Support

Cancer is the toughest fight most of us will ever face, but nobody has to go through it alone. The Macmillan team is in your corner, from the nurses and therapists helping people through treatment to the fundraisers that make it all possible. Macmillan improves the lives of people affected by cancer in the North of Scotland by providing practical, medical, emotional and financial support. We're out in the community with our information and support services, self-help and support groups and through Boots UK high street stores. We're there with our thriving online community, day and night. We're in hospitals, creating better environments and more joined-up patient experiences. We're even at Parliaments and Assemblies, campaigning for governments to listen to the needs of people with cancer. We have nurses working in the North of Scotland both in the community and in local hospitals and cancer and palliative care centres. We also provide financial advice for people affected by cancer living in the Highlands and Grampian with our Macmillan CAB partnership and offer grants to help local people who are in financial difficulties.

If you have any questions about cancer, ask Macmillan. If you need support, ask Macmillan. Or if you just want someone to talk to, ask Macmillan. Call free on 0808 808 00 00, Monday to Friday, 9am to 8pm or visit <http://www.macmillan.org.uk>

Contact:

Helpline: 0808 808 00 00 (Mon-Fri 9am-8pm)

Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ

North of Scotland Branch: We fundraise to start-up and support new services across the North Scotland region.

We continue to fundraise to provide much needed patient grants to ease the financial burden associated with being diagnosed with cancer. We also fund the ongoing training and development of existing Macmillan Professionals.

Email from the website at:

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

13.159 Macular Society

The Macular Society is a registered charity funded by membership fees and voluntary donations. We aim to build the independence, confidence and quality of life for people with macular disease. Macular disease is the leading cause of sight loss in the UK, with more than 600,000 people in the UK affected by the condition (up to 30 million worldwide). We are the largest

membership group in the low vision sector with more than 22,000 members and we have given over £2.4m to macular disease research since 2001

Contact: Macular Society

Address: PO Box 1870, Andover SP10 9AD

Helpline: 0300 3030 111

Email: info@macularsociety.org

<http://www.macularsociety.org>

13.160 Marfan Syndrome

Marfan syndrome is one of the more common disorders of connective tissue that can affect the Eyes, Skeleton, Lungs, Heart and Blood Vessels, and may be life-threatening. The effects of Marfan syndrome varies between individuals, some people only being mildly affected

Our three main objectives are: Support, Education and Research.

In order to achieve the best for our members we work on a national basis while working closely with colleagues around the world.

We support those with Marfan Syndrome and their families.....We are aware that the unaffected family members may also need help to “come to terms with MFS”.

A National Marfan Support Network is available.

We educate by distributing updated Marfan text to lay and professional sectors, holding and participating in School and Hospital meetings around the country.

Early diagnosis is vital - we believe this is achieved by spreading information widely.

Contact: Marfan Association UK

Rochester House, 5 Aldershot Road, Fleet, Hampshire GU51 3NG

Telephone Number: 01252 810472

Fax Number: 01252 810473

Answer Phone: 01252 617320

Email: contactus@marfan-association.org.uk

<http://www.marfan-association.org.uk>

13.161 Marie Curie

Our vision: A better life for people and their families living with a terminal illness

Our mission: To help people and their families living with a terminal illness make the most of the time they have together by delivering expert care, emotional support, research and guidance.

Our strategic plan: 'Our Charity's future' strategic plan for 2014-19. Our strategic plan sets out how we will reach more people living with a terminal illness with vital care and support. Over this five year period we plan to:

- Establish new services to support people and their families living with a terminal illness.
- Care for more people through our nursing services and hospices.
- Invest more in research and influencing the development of health policy across the UK.
- Invest significantly in our infrastructure, so we can deliver more extensive care and support, both directly and indirectly.

Contact: 0800 716 146 (Monday to Friday, 9am to 5pm, calls are free from landlines and mobile phones. Your call may be recorded for quality and training purposes.)

Email: supporter.relations@mariecurie.org.uk

Aberdeen: Carolyn Snedden

Address: Centurion Court, North Esplanade West, Aberdeen AB11 5QH

Telephone: 01224 284380

Email: carolyn.snedden@mariecurie.org.uk

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

13.162 Max Appeal – supporting families affected by DiGeorge Syndrome

Max Appeal offer support to parents and children who have DiGeorge Syndrome. Their mission is to try to ensure that every person with 22q11.2 deletion lives an independent and full a life.

- They run events for people of all ages to share experiences, develop and learn.
- They provide information and resources.
- They provide support to families and individuals to empower them.
- They support research to expand knowledge of the condition.
- They make it possible for families to talk informally and get together.

Max Appeal was founded by parents of children diagnosed with DiGeorge Syndrome/VCFS/22q11.2 deletion. They are a small national charity, run by volunteers backed up by a panel of medical professionals.

Contact: Max Appeal, 15 Meriden Avenue, Wollaston, Stourbridge,
West Midlands, DY8 4QN, UK
FREEPHONE: 0800 389 1049
HELPLINE: 0300 999 2211

Calls are charged at standard call rates, so may be included within your mobile phone package.

Stourbridge Office: +44 (0) 1384 821227

Bristol Office: + 44 (0) 1761 462578

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

13.163 ME and You

ME and You Aberdeen is a support group for sufferers of ME/CFS (Myalgic encephalopathy, Myalgic Encephalomyelitis, Chronic Fatigue Syndrome) and their carers that meets in Aberdeen.

Speaker meetings may be arranged from time to time to provide further information on appropriate care for ME/CFS sufferers, welfare rights or the latest research.

Contact: Chair: Gregor McAbery
Email: gregor.mcabery@mac.com

Address: 594E Holburn Street, Aberdeen AB10 7LJ

Phone: 01224 581162

http://m.facebook.com/pages/ME-You-Aberdeen/313538542000917?id=313538542000917&refsrc=http%3A%2F%2Fwww.facebook.com%2Fpages%2FME-You-Aberdeen%2F313538542000917&_rdr

13.164 MENCAP (Scottish 'sister' organisation is called ENABLE)

Mencap is the voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

We work with people with a learning disability to change laws and services, challenge prejudice and directly support thousands of people to live their lives as they choose.

We do so many different things. For example:

- We support people with a learning disability to get a job or take a college course, or we can help them find a place of their own to live in.
- We offer advice about things like respite care, individual budgets or transport services.

- We run residential/day care services and leisure groups that are so important to so many people with a learning disability, and their families and supporters.
- We support people with a learning disability to be part of their local communities.
- We lobby the government to change laws so that more and more people with a learning disability can have control over their own lives.

Contact

Address: Mencap, 123 Golden Lane, London EC1Y 0RT

Telephone: 020 7454 0454

Fax: 020 7608 3254

Email: help@mencap.org.uk

Telephone for information about services: 0808 808 1111

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

13.165 Ménière's Society – for dizziness and balance disorders

The Ménière's Society is a UK registered charity dedicated solely to supporting people with vestibular (inner ear) disorders causing dizziness and imbalance. The Society provides information to patients and those who care for them, health professionals and the general public. With over 30 years' experience providing information to those affected by vestibular conditions, the Ménière's Society helps people source specialists in their local area, publishes a regular magazine, [Spin](#), and factsheets on a variety of subjects (e.g. driving, surgery and vestibular rehabilitation). We also provide a telephone information line during working hours. Peer support is encouraged through the establishment of local support groups.

Contact: The Ménière's Society

Address: The Rookery, Surrey Hills Business Park, Wotton, Surrey RH5 6QT

Telephone: 01306 876883

Email: info@menieres.org.uk

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

13.166 Meningioma UK

The national support group founded and run by meningioma patients for everyone affected by a meningeal tumour(s) of the brain or spinal cord

Founded in 1999 and dedicated to helping everyone affected by meningioma, we offer free support & clear jargon-free information. We stand for greater awareness of meningioma tumours, for prompt diagnosis, and quality care for all.

If you have a brain or a spinal cord meningioma tumour or you are caring for someone with a meningioma tumour you can contact Ella for support and information

Contact: Ella Pybus

National Helpline: 01787 374 084

Email: enquiries@meningioma.uk.org

Address: Ella Pybus, Meningioma UK, 21 Plough Lane, Sudbury,
Suffolk CO10 2AU

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

13.167 Meningitis Research Foundation

“Meningitis Research Foundation's vision is a world free from meningitis and septicaemia”.

We fund research to prevent meningitis and septicaemia, and to improve survival rates and outcomes. The Foundation promotes education and awareness to reduce death and disability, and gives support to people affected.

The Foundation runs dynamic and effective awareness programmes for both the general public and health professionals, reflecting the best current understanding of meningitis and septicaemia. The charity has distributed millions of life-saving symptoms cards, leaflets, and posters to the general public and health professionals free of charge

Our Freephone helpline, run by trained helpline staff and nurses - widely quoted by the media in articles about meningitis and recommended by public health doctors - gives concerned members of the public access to information and support whatever the time of the day or night. The helpline takes thousands of calls each year from the public and health and education professionals dealing with the diseases.

MRF offers telephone befriending to its members. We believe that one of the best ways for those affected by meningitis and septicaemia is to talk through their experiences with someone who has been affected in a similar way. We put these members in touch with each other to discuss their experience, supported by the charity's befriender training programme.

The needs of those living with the after effects of meningitis and septicaemia can be many and varied and we are here to help with all aspects, through in-depth information and emotional support. You can access this support either through the Freephone helpline or the Scotland Office.”

Contact:

Freephone Helpline: 080 8800 3344

Scotland Tel 0131 510 2345

Address: Meningitis Research Foundation - Scotland

One St Colme Street, Edinburgh EH3 6AA

Email edinburgh@meningitis.org

<http://www.meningitis.org>

13.168 Meningitis Now

Meningitis Now supports people who are living with the impact of meningitis.

Through our range of free professional services and our community team, we can offer support throughout the UK.

We offer emotional support and information, including a free nurse-led helpline, one-to-one support and counselling, a range of creative therapies; art, music and play, and our popular family days.

We are also committed to raising vital awareness of meningitis the signs and symptoms through a range of literature, fundraising activities, and our community team and dedicated network of supporters and volunteers working on the ground.

To find out how we can help you, call 0808 80 10 388

Contact: Meningitis Now - Head Office

Meningitis Now Head Office, Fern House, Bath Road, Stroud, Gloucestershire GL5 3TJ, United Kingdom

Tel: +44 (0)1453 768000

Fax: + 44 (0)1453 768001

Email: helpline@meningitisnow.org

Emails to this address are only answered Monday - Friday 9am - 5pm.

Freephone 0808 80 10 388

<http://www.meningitisnow.org>

13.169 Mental Health Aberdeen

OUR SERVICES:

Counselling Projects and Information / Signposting to other mental health services

- **ACIS, Aberdeen Counselling and Information Services**, 1 Alford Place, Aberdeen; AB10 1YD: individual and confidential counselling for adults (16+) in Aberdeen city and surrounding area; email contact: acis.office@mhaberdeen.org.uk; **Telephone: 01224 573892**
 - **ACIS Youth** @ Community Hub, 1 Alford Place (address as above) individual and confidential youth counselling service for young people aged between 12-18 years – referrals from all health professionals and self-referral possible; **Telephone: 01224 573892**
 - **ACIS Youth @ Schools in Aberdeen – contact and referrals / self-referrals from appropriate school only**
-

- **ACADEMIES:** BRIDGE OF DON; CULTS; DYCE; HARLAW; OLD MACHAR; ROBERT GORDONS COLLEGE; TORRY ACADEMY;
 - **PRIMARY SCHOOLS:** BRAMBLE BRAE PRIMARY; BRIMMOND PRIMARY; MANOR PARK PRIMARY; RIVERBANK PRIMARY; TULLOS PRIMARY; WALKER ROAD PRIMARY
- **One to One Counselling Service (Deeside)**, Aboyne: individual and confidential counselling on Deeside, Upper Marr, with small provision also in two Banchory locations; **Telephone 01339786700** (leave secure message on ansaphone, as office only partly staffed) or email: onetooone.admin@mhaberdeeen.org.uk
 - **Calsayseat Practice:** person-centred counselling at Calsayseat Surgery, Aberdeen (GP referrals only); **Telephone: 07905 825856**
 - **Torry Counselling** based at Torry Neighbourhood Centre – for people living in Torry, GP and self-referrals possible; **Telephone 01224 894418**; self-referral document at reception: Torry Neighbourhood Centre
 - **Amputee Counselling – ARI and Woodend** – linked with Outreach work for discharged patients and MARS Unit, also family members of amputee. This is an NHS Endowment funded pilot; October 2017 to October 2018 – Ward referral route only, for more information please contact MHA Head Office, Telephone 01224 590510.
 - **Information services; Signposting** / Helplines for adults and young people, on issues of mental health only: ACIS, Aberdeen Counselling and Information Services, 1 Alford Place, Aberdeen; **Telephone: 01224 573892** or email: acis.office@mhaberdeeen.org.uk
 - **Grampian Child Bereavement Network (GCBN) – an MHA hosted project:** to assist bereaved children and their families, for carers and professionals supporting bereaved children and young people – for contact / information / resources **please phone: 01224 594099**; **website: <http://gcbn.org.uk>**; **email: gcbn@mhaberdeeen.org.uk**
 - **Head Office, MHA and Contacts:**
 - Contact – 1 – Chief Executive: Astrid Whyte
 - Address: 3rd floor, 1 Alford Place, Aberdeen AB10 1YD;
 - Tel: 01224 590510
 - Email: astrid.whyte@mhaberdeeen.org.uk

Contact – 2 – Administrator: Bea Fyvie

admin@mhaberdeen.org.uk; postal address as above

Tel: 01224 590510

Email: admin@mhaberdeen.org.uk; Website: <http://www.mha.uk.net>

13.170 Mental Health Foundation Scotland

In Scotland we focus on achieving social change with a range of both local and European partners to influence policy and raise awareness of mental health. We have developed national mental health programmes in areas ranging from employment to the arts. We opened our first Scotland office in 1974. Since then, we have played a pivotal role in earning Scotland its reputation for having one of the world's most advanced set of mental health improvement policies and we now have offices in Glasgow and Edinburgh.

We seek to achieve social change by gathering sound knowledge, developing partnerships and delivering programmes to influence policy and services specific to Scotland.

We work on a significant and diverse number of programmes across Scotland, including later life projects in Lanarkshire, employment programmes in Europe and research projects with black minority and ethnic groups.

Our work in Scotland is unique and credible as we take an integrated approach, bringing together teams that:

- Conduct research
- Support service developments
- Design training
- Influence policy
- Raise public awareness

Our focus on public mental health ensures an understanding of what works to promote mental health across society, prevent mental health problems and support recovery.

Contact us: Glasgow office: Merchants House 30 George Square,
Glasgow G2 1EG

Telephone: 0141 572 0125

Edinburgh office: First floor, 18 Walker Street Edinburgh EH3 7LP

Telephone: 0131 243 3800

Email: directly from the website at:

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

<https://www.mentalhealth.org.uk/scotland>

13.171 Microphthalmia, Anophthalmia & Coloboma Support

We are MACS – the UK's national charity for children born without eyes or with underdeveloped eyes. We support families of children born with Microphthalmia (small eyes), Anophthalmia (no eyes) and/or Coloboma (cleft of the eye). Our services are accessed by around 700 families around the UK.

One of the most important things we do at MACS is to give our members access to a network of other families who have a first-hand experience of what they are going through. Through our regional support groups and our Facebook Support for Families group, families can offer each other peer support and participate in group activities which can bring a sense of normality into their lives.

What we do:

- An annual Family Weekend
- Respite care (in our three caravans around the U.K.)
- Regional meet ups
- Grants to offer financial assistance to our members
- Sailing and Adventure Holidays for children and young people
- Fund research into MACS conditions
- Raise awareness of the MACS conditions

Contact: Registered address: MACS, Suite 472, Kemp House, 152 City Road, London, EC1V 2NX

Telephone helpline: 0800 169 8088

Telephone general enquiries: 0800 644 6017

Email directly from the website at: <http://macs.org.uk/contact-macs/>

Or for general enquiries:

Email: enquiries@macs.org.uk

Website: <http://www.macs.org.uk>

Facebook: <https://www.facebook.com/MACSCharity/>

Twitter: <https://twitter.com/MACSthecharity>

13.172 Migraine Action

As a registered charity, we provide information and support to migraineurs and their families throughout the UK and overseas. Migraine Action strives to provide an excellent patient led, compassionate and empathetic support community for individuals affected by migraine.

What we do:

- We encourage, support and raise funds for research and investigation into migraine, its causes, diagnosis and treatment.

- We gather and pass on information about treatments available for the control and relief of migraine, and facilitate an exchange of information on the subject.
- We provide friendly, positive reassurance, understanding and encouragement to migraineurs and their families.
- We support individuals with migraine and help them improve the quality of their life.

How we can help you

- Help you to identify your trigger factors and recognise early warning signs.
- Provide information on treatment to help bring your condition under control.
- Keep you informed about the latest research.
- Encourage the opening of specialist migraine clinics and support their work.
- Eliminate feelings of isolation by providing support and keeping you in touch with other migraineurs.

Contact: HELPLINE: 08456 011033

Between 10am - 4pm, Monday to Friday.

Address: 4th Floor, 27 East Street, Leicester. LE1 6NB

Email: info@migraine.org.uk or directly from the website

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

13.173 Migraine Trust

The Migraine Trust seeks to empower, inform, and support those affected by migraine while educating health professionals and actively funding and disseminating research. The Migraine Trust is the health and medical research charity for migraine in the United Kingdom.

We are committed to supporting people living with migraine by providing them and their families with evidence based information. We seek to raise migraine as a serious public health issue.

The Migraine Trust funds and promotes research into migraine in order to better understand it, to improve diagnosis and treatment and ultimately to find a cure for this debilitating condition.

The Migraine Trust also offers an Advocacy Service for people with migraine who are experiencing difficulties in the workplace because of their migraine; for parents of children experiencing difficulties at school because of their migraine; students in higher and further education with migraine, and people experiencing difficulties accessing NHS treatment for their migraine.

Contact: The Migraine Trust 52-53 Russell Square London WC1B 4HP

Tel: 020 7631 6970

Fax: 020 7436 2886

Email: info@migrainetrust.org

<http://www.migrainetrust.org>

13.174 Momentum Scotland

Momentums Services in Aberdeen

Aberdeen Pathways Programme (Brain Injury)

Momentum's Pathways Programme in Aberdeen offers a dedicated vocational rehabilitation programme for people with acquired brain injury.

Pathways help those with acquired brain injury progress towards and into sustained voluntary or paid employment, further education or training. The programme is funded by Aberdeen City Council and Aberdeenshire Council.

Aberdeen Pathways is open to any adult (16 years or older) with an acquired brain injury who lives within the Aberdeen City and Aberdeenshire areas. The programme runs Monday to Wednesday. Those who wish to attend the Pathways should have the motivation to secure work, education or further training.

The Pathways programme offers group sessions which cover areas related to personal development, cognitive rehabilitation and employability. Each session is supported by staff members to meet each person's needs.

Some areas covered in the programme are:

- Brain injury awareness
- Healthy Living
- Confidence building
- Work related social skills
- Managing depression, anxiety, stress, anger and fatigue
- Strategies for attention, memory and executive functioning
- Employability Skills
- IT Skills for work (Run by North East Scotland College)

Referrals can be made by self-referral or through a health professional

The first stage is an initial Momentum appointment lasting approximately 30 minutes followed by a separate assessment which lasts around an hour and a half.

If the programme is suitable for the applicant's needs, they will start on the initial phase of the programme, Module 1. Throughout this 12-week first phase, each person will develop a clear vocational goal and readiness to progress onto work placement. Module 1 will be delivered in group rehabilitation sessions provided within Momentum's centre.

The second phase of the programme, Module 2 – work preparation, focuses on providing each person with work placements in their area of vocational interest within real-world work or educational environments.

For more information please **contact**:

Momentum Skills, South Building
 Migvie House, 23 North Silver Street, Aberdeen AB10 1RJ
 T: 01224 625580
 E: Migvie@momentumskills.org
<http://www.momentumscotland.org>

13.175 MRSA Action UK

The information on this website has been produced to help you understand MRSA and other healthcare associated infections. It is designed to answer some of the questions patients, the public and those who come into contact with people who are vulnerable to illness from healthcare associated infections often ask. It also discusses the diagnosis and treatment of MRSA. The information is also designed to help inform partners, friends, families and carers, and anyone who is concerned about how MRSA affects people and what can be done to treat it.

Treatment for this condition including antibiotic therapy and other treatment is also discussed, as is the reason for screening for MRSA and other bacteria that can cause infection, for example MSSA. The information discusses what is involved in screening, diagnosis, treatment and how it may help you.

MRSA affects people in and outside of hospital, there is also information on how to deal with MRSA outside of hospital on this website which can be found by using the links on the right hand side of this webpage. Information about how MRSA is dealt with in hospital is listed below.

Contact

Email: info@mrsaactionuk.net

This information is not a substitute for qualified medical care, if you are unwell please seek medical advice.

Enquiries: 07762 741114

Email: info@mrsaactionuk.net

South East Scotland: Francis Batchelor

Telephone: 01337 841098

Email: francis.batchelor@mrsaactionuk.net

Website: <http://mrsaactionuk.net>

13.176 Multiple Sclerosis Society

MS can be tough to deal with, especially when you've just been diagnosed. Remember, you're not alone.

The MS Society can help you get

- [Emotional support](#)
 - [Practical and financial help](#)
 - [The right care](#)
-

We also offer support to:

- [Healthcare professionals](#)
- [Carers and families](#)

Living with MS isn't always easy - whether you're coping with a diagnosis or have lived with it for some time.

Find out about:

- [dealing with a diagnosis](#)
- [telling people you have MS](#)
- [getting help](#)

There's practical and financial support available in a range of areas, including:

- [work and money](#)
- [care](#)
- [insurance](#)
- [driving](#)
- [short breaks and respite](#)
- [home adaptations](#)
- [wheelchairs and scooters](#)

Find out more about:

- [help for families and carers](#)
- [help for people severely affected by MS](#)
- [information for professionals](#)

Contact: MS Society Scotland

Ratho Park, 88 Glasgow Road, Ratho Station, Newbridge EH28 8PP

Call the MS Society Helpline free on 0808 800 8000 for emotional and support information

Email: helpline@mssociety.org.uk.

Tel: 0131 335 4050

Fax: 0131 335 4051

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

13.177 Multiple Sclerosis Trust

The MS Trust is a UK charity, providing information for anyone affected by multiple sclerosis, education programmes for health professionals, funding for practical research and campaigning for specialist multiple sclerosis services. Our vision is to enable people with MS to live their lives to the full

Contact: Multiple Sclerosis Trust, Spirella Building, Bridge Road, Letchworth Garden City, Hertfordshire SG6 4ET

Tel: 01462 476700

Free Phone Information Service: 0800 032 3839

Fax: 01462 476710

Email: info@mstrust.org.uk

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

13.178 Muscular Dystrophy UK

Muscular Dystrophy UK (previously known as the Muscular Dystrophy Campaign) is the charity bringing individuals, families and professionals together to beat muscle-wasting conditions.

Founded in 1959, we have been leading the fight against muscle-wasting conditions since then.

We bring together more than 60 rare and very rare progressive muscle-weakening and wasting conditions, affecting around 70,000 children and adults in the UK.

- We support high quality research to find effective treatments and cures and won't stop until we have found them for all muscle-wasting conditions
- We are leading the drive to get faster access to emerging treatment for families in the UK
- We ensure everyone has the specialist NHS care and support they need – the right help at the right time, wherever they live.
- We provide a range of services and resources to help people live as independently as possible.

We rely almost entirely on voluntary [donations](#) and [legacies](#) to fund our work. Dedicated volunteers, [companies](#), [trusts and foundations](#) help us to raise money to fund our vital work.

Contact: Muscular Dystrophy UK, 61A Great Suffolk Street
London SE1 0BU

Telephone: 020 7803 4800

Email: info@muscular dystrophy.org

For information about muscle disease:

Our phone and email information service is here weekdays 8.30am - 6pm to address any of your concerns about muscle disease. You can contact us on our Freephone support number and via email:

Freephone: 0800 652 6352 (Freephone)

<http://www.muscular-dystrophy.org>

13.179 Myalgic Encephalomyelitis Association

Welcome to The ME Association, also registered as The ME Society.

We provide information, support and practical advice for people, families and carers affected by M.E. (Myalgic Encephalopathy), Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS). We also fund and support

research, and offer education and training. We are the oldest established ME/CFS charity funding only biomedical research into the illness.

We have over 70 leaflets and booklets covering all aspects of management. So please check if one of these will answer your query. A full list of MEA literature can be downloaded using the link on the right, or [please download our Order Form](#).

Contact:

ME connect helpline: 0844 576 5326 (10am-12, 2-4pm, and 7-9pm)

Email: meconnect@meassociation.org.uk

Administration - Gill Briody

ME Association Head Office, 7 Apollo Office Court, Radclive Road, Gawcott Bucks MK18 4DF

Tel: 01280 818964 between 9.30am and 3.30pm

Email: administration@meassociation.org.uk

Email directly from the website at:

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

13.180 Myaware

Myaware supports those who have Myasthenia and their families, increase public and medical awareness of the condition and raise funds for research.

Our aim is to make life easier for those who have myasthenia and their families by providing information, advice and support. Members have free access to our resource centre which includes advice on everything from the latest medical developments and treatments to how to negotiate the benefits system.

They can also get in touch with other members who understand what they are going through as well as receive emotional support from our highly experienced counsellor.

Contact details:-

Lynn Stewart, Regional Organiser Scotland

Tel 07715 679101

Email Lynn.stewart@myaware.org

Head Office

Myaware

The College Business Centre

Uttoxetter New Road

Derby DE22 3WZ

Tel 01332 290219

Web www.Myaware.org

Email info@myaware.org

13.181 Myelin Project

The Myelin Project is an international non-profit charity, which funds research to find treatments/therapy's/cures for demyelinating diseases. We rely solely on donations and fund raising, which mainly comes from families and friends who have a loved one affected by a demyelinating disorder. These include Multiple Sclerosis (MS) and Leukodystrophies.

These conditions are aggressive, terminal and devastating, which at present there is no known cure/treatment. There are 36 known Leukodystrophies; these mainly affect children and some adults. The earlier the child develops a Leukodystrophy, the more aggressive the onset of deterioration and death.

Contact: Lynda Carthy - CEO

Address: The British Trust for The Myelin Project, 173 Wollaton Road, Ferndown, Dorset, BH22 8QS

Telephone: 01202 944536

Email: info@myelinproject.co.uk

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

13.182 Myeloma UK

Myeloma UK is the only organisation in the UK dealing exclusively with myeloma. We are helping myeloma patients live longer and with a better quality of life.

How? By accelerating the discovery, development and access to new treatments, while helping patients and their families cope with everything a diagnosis of myeloma brings.

Myeloma UK works with:

- Patients, carers and family members, to help them cope with everything a diagnosis of myeloma brings
 - Doctors and GPs, to find better ways of diagnosing and treating myeloma
 - Nurses and other healthcare professionals, to improve care for patients
 - Researchers, to improve treatments, reduce side-effects and develop preventative and curative strategies
 - Other charities, government and the pharmaceutical industry, to ensure patients have access to and receive the best possible treatment and care when they need it
-

Contact: Myeloma UK

Address: 22 Logie Mill, Beaverbank Business Park, Edinburgh EH7 4HG

Phone: 0131 557 3332

Email: myelomauk@myeloma.org.uk

Myeloma Infoline: 0800 980 3332

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

13.183 Myositis Support Group

The Myositis Support Group is the only UK charity specific for the inflammatory myopathies; Dermatomyositis, Polymyositis, Inclusion Body Myositis and Juvenile Dermatomyositis

The Aims of the Myositis Support Group are:

- To provide information to sufferers and their families
- To help give them a better understanding of their illness
- To relieve the isolation felt by an individual when a rare illness is diagnosed
- To guide sufferers in the right direction for treatment
- To raise awareness of the conditions
- To raise funds to promote and support research

The Myositis Support Group is able to offer:

- Free UK membership
- Newsletters
- Information Guides
- Annual meeting/conference
- Advice on specialist centres
- Interactive website – Discussion Forum and Email Contacts (Buddy Listing)
- Listening Ear Telephone Network – volunteers who offer support
- Active fundraising

Contact Us: Myositis Support Group, 146 Newtown Road, Woolston, and Southampton SO19 9HR

Telephone: 023 8044 9708 (Mon – Fri 10-3)

Fax: 023 8039 6402

Email: msg@myositis.org.uk

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

13.184 Myotonic Dystrophy Support Group

We offer help, support and encouragement to one another by telephone, email and correspondence. Contact us if you would like to be included on the mailing list for our newsletter and information.

Services:

- Alert card
- Conferences
- Awareness
- Care card
- Newsletter
- Contact families
- Regional meetings
- Telephone listening: 0115 987 0080

Contact Us

Helpline: 0115 987 0080

Our helpline provides a listening service and our office has an answerphone for occasions when the line is not manned.

Email: contact@mdsguk.org

Myotonic Dystrophy Support Group: 19-21 Main Road, Gedling, Nottingham, NG4 3HQ.

Telephone: 0115 987 5869.

<http://www.myotonicdystrophysupportgroup.org>

13.185 Narcolepsy UK

Our Mission: Narcolepsy UK (Registered Charity No. 114434 & in Scotland SC043576) is an association of people with narcolepsy, their relatives and others interested in improving their lot. Its registered objects are the benefit, relief and aid of persons suffering from narcolepsy.

Its aims are:

- To promote awareness of narcolepsy and provide authoritative information about it to narcoleptics, to the medical profession and to the public.
 - To support the establishment of local self-help groups in which narcoleptics can exchange experience and provide mutual support.
 - To encourage research into the causes and treatment of narcolepsy.
-

- To co-operate with narcolepsy associations overseas to further these aims.

A newsletter (Catnap) is published at various times in the year reporting developments from home and abroad with articles and correspondence.

The organisation is managed by volunteers from among the members and has only one part-time paid member of staff. The Association receives no major funding from the health authorities and depends on donations from individuals.

Contact: Narcolepsy UK, PO Box 701 Huntingdon Cambs PE29 9LR

Tel: 07920 650 552

HELPLINE: Tel: 0345 450 0394

Email: info@narcolepsy.org.uk

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

13.186 National Association for Gifted Children (NAGC)

We are an independent charity that supports the social, emotional and learning needs of children with high learning potential of all ages and backgrounds. This includes:

- children and young people who have been identified as gifted and talented
- children and young people who have the ability to achieve; but who, for whatever reason, are not achieving their potential
- those who are dual and multiple exceptional (gifted with a disability or learning difficulty) and the profoundly gifted

Our aim is to enable every child with high learning potential to grow in confidence, thrive and achieve fulfilment. We achieve this in the following 3 ways:

- By working directly with parents and carers to help them support their child with high learning potential, their whole family and the professionals who work with them.
- By working with the children and young people themselves to enthuse and challenge them and encourage them to make friends with like-minded peers.
- by working with professionals so that they understand the issues and can work with parents to support the social, emotional and learning needs of children and young people with high learning potential.

Contact: NAGC, Suite 1.2, Challenge House, Sherwood Drive
Bletchley, Milton Keynes, Buckinghamshire MK3 6DP
Telephone: 01908 646433

Fax: 0870 770 3219

Email: amazingchildren@nagcbrtain.org.uk

Office Opening Hours: Mondays, Wednesdays and Thursdays 9am to 4.30pm

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

Scottish Branch

National Association for Gifted Children in Scotland (NAGCS)

P.O. Box 2024, Glasgow G32 9YD

E-mail: nagcs.org@btinternet.com

13.187 National Association of Laryngectomee Clubs

Laryngectomy means the removal of the larynx or voice box. A laryngectomee is a person who has had this essential and lifesaving operation - a challenge which thousands of people have met successfully.

The formation of a National Association of Laryngectomee Clubs (NALC) arose out of a meeting on 12 May 1975, at Charing Cross Hospital, London, where a number of laryngectomee patients from three London clubs met together, with the knowledge and support of clubs in Birmingham, Bristol and Nottingham. The proposed Association would be responsible for looking after the interests of all laryngectomee patients.

Today, NALC has almost 100 clubs nationwide and offers a range of services to Laryngectomees and their families and carers. A major role of the clubs is to provide the sort of non-medical help and information that can only come from the experience of living with a laryngectomy.

The Association endeavours to publicise, by all means, the problems of the laryngectomee and to encourage understanding by the general public.

Contact: National Association of Laryngectomee Clubs

Address: Suite 16, Tempo House, 15 Falcon Road, London SW11 2PJ

Tel: 0207 730 8585

Email: info@laryngectomy.org.uk

Or email directly from the website at:

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

13.188 National Autistic Society Ellon Branch

The Ellon Branch is for parents/carers and professionals in Aberdeenshire with an interest in autism spectrum disorders (ASD). The Branch facilitates a social skills group known as Social eyes who meet once a week during term time. As well as providing information and support, the Branch also organises conferences, workshops, family outings and fundraising events. Please email or phone for more information.

Contact: Gail McKeitch, Branch Officer

Telephone: 07880 780686

Email: Ellon@nas.org

<http://www.autism.org.uk/services/local/scotland/north-east.aspx>

13.189 National Eczema Society

Formed in 1975, The National Eczema Society has two principal aims: first, to provide people with independent and practical advice about treating and managing eczema; secondly, to raise awareness of the needs of those with eczema with healthcare professionals, teachers and the government.

We are committed to making life easier for the 1 in 5 children and 1 in 12 adults who suffer from eczema through providing our Helpline and information services. We rely entirely on general public and company donations to fund our work as well as Membership subscriptions

Learning to manage your eczema or your child's is an important part of coping and living with the condition. It is often helpful to meet other people who are in a similar position as they can offer support through personal experience together with practical help and tips. The Society provides access to a network of [local support groups](#) across the UK.

The National Eczema Society has produced a number of [information packs](#) to help teachers promote better understanding of the condition and how it affects children with eczema.

As well as providing information and support to patients, parents and teachers, the Society also produces help and support specifically for [healthcare professionals](#) through a dedicated telephone and email Helpline and a programme of Study Days.

Our [Helpline](#) is the first point of contact for anyone affected by eczema, providing support and guidance on eczema management and treatment.

Contact

Helpline: 0800 089 1122 (8am-8pm Monday- Friday)

Email: helpline@eczema.org

Address: National Eczema Society, 11 Murray Street, London, NW1 9RE

Telephone: 020 7281 3553

<http://www.eczema.org>

13.190 National Organisation for Foetal Alcohol Syndrome

The National Organisation for Foetal* Alcohol Syndrome UK (NOFAS-UK) is dedicated to supporting people affected by foetal alcohol spectrum disorders (FASD), and their families and communities. It promotes education for

professionals and public awareness about the risks of alcohol consumption during pregnancy

NOFAS-UK can link people affected by FASD into its UK-wide family support network. The NOFAS-UK support group meets regularly, providing activities for children and discussions for parents and carers.

If you would like more information about joining a support group in your local area or setting up a group yourself, please email info@nofas-uk.org

Contact us

Helpline: 020 8458 5951

NOFAS UK, 165 Beaufort Park, London NW11 6DA

Email directly from the website at:

<http://www.nofas-uk.org>

13.191 National Osteoporosis Society – Aberdeen and North East Group

The Aberdeen and North East Osteoporosis Support Group gives support to sufferers in the Aberdeen area. Monthly Meetings are held at Rubislaw Church Centre, 1 Beaconsfield Place, Aberdeen, AB15 4AB. National Osteoporosis Society – Moray and Banffshire Support Group

The Moray and Banffshire Osteoporosis Support Group gives support to people suffering from Osteoporosis. Regular meetings are held for sufferers of osteoporosis and for anyone interested in the disease The group meets in the Gallery at Elgin Library, Cooper Park, Elgin, IV30 1HS

Contact:

Address: National Osteoporosis Society, Camerton, Bath BA2 0PJ

Direct line: 01761 471771

email: info@nos.org.uk

Helpline: 0800 800 0035

Websites: <https://www.nos.org.uk/aberdeen-and-north-east>

13.192 National Reye's Syndrome Association

Reyes Syndrome can appear soon after a viral infection especially a flu-like illness or chickenpox. The disease affects children from infancy onwards. Although it does occur in adults, it is rarely recognised after 19 years of age. Children of both sexes and all races can be affected.

Reye-like illnesses are most likely to occur in infants under 4 years of age which may be due to an inherited metabolic disorder.

The National Reye's Syndrome Foundation of the United Kingdom was formed to provide funds for research into the cause, treatment, care and prevention of Reye's syndrome and Reye-like illnesses, to inform both the

public and medical communities and to provide support for parents whose children have suffered from these diseases.

Contact: Through website

Mr Gordon H. Denney (Honorary Administrator and Treasurer)
15 Nicholas Gardens, Pyrford, Woking, Surrey GU22 8SD
Phone: 01932 346843

Email directly through the website at:

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

13.193 National Self Harm Network (online forum)

NSHN aims to:

- Support individuals who self-harm to reduce emotional distress and to improve their quality of life
Support and provide information for family and carers of individuals who self-harm
- Empower and enable individuals that self-harm to seek further support and alternatives to self-harm
- Educate service providers and carers on matters relating to self-harm, raise awareness, dispel myths and challenge misconceptions through providing information and training
- Influence health and social care policies at local and national levels

Contact:

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

13.194 The National Society for Phenylketonuria (UK) Ltd

Phenylketonuria (PKU) is a rare inherited metabolic condition in which there is a build-up of phenylalanine in the body. Phenylalanine is a natural substance; it is a building block of protein. PKU is looked for in all newborns in the United Kingdom by measuring phenylalanine levels in the heel-prick blood test. All babies should have this test as it allows treatment to start early in life.

The NSPKU actively promotes the care and treatment of people with PKU and works closely with medical professionals. It organises events such as [conferences](#) and study days throughout the UK and publishes a wide range of dietary information for parents, adults with PKU and medical professionals. Local support groups also hold [study days and other events](#). The NSPKU also sponsors medical research into PKU.

Telephone helpline: 030 3040 1090

Postal address: NSPKU, PO Box 3143, Purley CR8 9DD

Email: info@nspku.org

Website: <http://www.nspku.org>

13.195 National Tremor foundation

The National Tremor Foundation (or NTF as we are known) is an organisation where we aim to provide help, support and advice to all those living with all forms of tremor irrespective of age.

The NTF was first brought to the UK from the USA in 1992 and in 1994 became a registered charity in its own right. Each year the NTF holds an annual conference, subsidised by the NTF providing members and friends with the opportunity of not only meeting and spending some time together but also asking a panel of experts' questions that help with improving quality of life. The NTF produces a newsletter (NTF News) and this is available via post, email and our website. The NTF has developed close links with other UK voluntary organisations including the Parkinson's Disease Society and the Neurological Alliance and also with international organisations including the European Parkinson's Disease Association (EPDA) and the International Tremor Foundation.

Misguided beliefs and a lack of awareness mean that many people with this condition never seek medical care though most would benefit from treatment. The National Tremor Foundation dedicates this site to the thousands of people in the UK whose lives are affected by tremor.

Scotland

Contact: Mary Ramsay 07972 205782

Head office: Address: Long Term Conditions Centre
Gubbins Lane, Harold Wood, Essex, RM3 0AR

Telephone: 0 1708 386399

Email online at: <http://www.tremor.org.uk/contact-us.html>

Or Email: tremorfoundation@aol.com

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

13.196 Neuroblastoma UK

The charity's sole purpose is the relief of children suffering from neuroblastoma, and to achieve this it raises funds for medical research into improving both diagnosis and treatment of the disease. [Neuroblastoma UK](#) is administered by a Board of Trustees made up of lay members who are parents or close relatives of children who have neuroblastoma, and senior medical staff who treat the disease. The whole administration is carried out by voluntary effort so costs are kept to a minimum, with well over 90% of funds raised being spent directly on helping to fight the disease.

Contact

Help-line is 020 8940 4353

Email: secretary@neuroblastoma.org.uk

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

13.197 Neuropathy Trust

The Neuropathy Trust is a worldwide Charity (1071228) that was founded in 1998 by Andrew Keen to provide a lifeline to people affected by Peripheral Neuropathy (PN) and Neuropathic Pain (NeP). It is the primary function of the Trust to ensure, irrespective of the cause of the peripheral neuropathy or neuropathic pain (whether known or otherwise) that patients, family, carers and health care providers receive the highest possible level of information and support.

Contact: The Neuropathy Trust
PO Box 26, Nantwich, Cheshire CW5 5FP

Telephone: 01270 611 828

Email: info@neurocentre.com

<https://rarediseases.org/organizations/neuropathy-trust/>

13.198 North East Sensory Services

North East Sensory Services (NESS)'s mission is "achieving independence for blind and deaf people". NESS supports people with serious sight and/or hearing loss to overcome practical and emotional challenges and achieve independence.

Formerly Grampian Society for the Blind (GSB), North East Sensory Services (NESS) works with over 6000 people with a sensory loss in Aberdeen, Aberdeenshire, Moray, Dundee and Angus.

NESS services available for people with a sensory loss who live in the Aberdeenshire area include (click on links for more info):

- [Young Persons' Sensory Service](#) – support for children and young people from birth up to 19th birthday to build self-confidence, life and social skills
- [ICT Equipment](#) – information, advice and training to use to assistive technology
- [Audio library and magazines](#) – includes postal services for audio books

- [Lipreading classes](#) for people with a hearing loss to build confidence communicating with others
- [Clubs and Groups](#) – a variety of social groups run from our Aberdeen Resource Centre
- [Hear 2 help](#) in Aberdeen – basic hearing aid maintenance at our Resource Centre in Aberdeen
- [Sensory Awareness Training](#) raises awareness of the physical, social and emotional barriers that people with a sensory loss experience
- [Transcription services](#) transcribe information into different formats including Braille, Audio and BSL video
- [British Sign Language interpreter booking service](#)

Contact us:

Tel. (voice): 03452 712345

Aberdeen:

North East Sensory Services, 21 John Street, Aberdeen AB25 1BT

Fax: 01224 620122

SMS: 07593 102004 (text only)

Reception open 9am-4pm, Monday to Friday)

Elgin:

Elizabeth House, 10 Victoria Crescent, Elgin IV30 1RQ

Fax: 01343 547617

SMS: 07968 013951 (9.30am-4pm, Monday to Friday) Deaf Sign Language users can contact us via Contact BSL [Click Here](#) to visit their website.

More information is available from our website

<http://www.nesensoryservices.org>

13.199 Nystagmus Network

Our aims are quite simple -- support people with nystagmus, promote research and raise awareness. Here are some of the ways we do this:

- Awareness – We all get fed up explaining what nystagmus is, but thanks to the Nystagmus Network (NN) that doesn't happen as much as it used to. Every November we hold "Wobbly Wednesday" our annual awareness raising day.
 - Benefits – We can advise and advocate if you apply for benefits like PIP and DLA (Disability Living Allowance).
-

- Community – Our membership scheme creates a sense of community and makes it easier for us to lobby government and others for change.
- Cooperation – We work with other organisations to raise awareness and help them meet the needs of people with nystagmus.
- Driving (or not driving) – It really isn't that bad. We advise on how to live a successful life if you can't drive a car because of nystagmus.
- Education – We work with specialist teachers and others so that people with nystagmus get the best out of education with the least possible fuss.
- Employment – We advise on application forms, interviews and in the last resort will support you in an employment tribunal – if things get that bad.
- Fundraising – We've channelled tens of thousands of pounds into research and it's already making a difference in terms of diagnosis and our understanding of nystagmus. So, whether you want to raise £10 in a coffee morning or £10,000 by running a marathon we provide the support you need.
- Helpline – We offer telephone support and the chance to talk to others with nystagmus or to the parents of children with nystagmus. There's absolutely no need to feel isolated or sit there re-inventing the wheel.
- Information – Choose from our selection of books, children's stories, leaflets, teachers' and parents' guides, or our simple A4 card reminding teachers of the main effects of nystagmus.
- Meeting and sharing – We organise events where you can talk to others. This is really helpful for parents of children with nystagmus and for adults who have never knowingly met anyone else with the condition.
- Newsletter – We publish a quarterly 16 page newsletter with research news plus personal experiences of nystagmus. Available in print and on audio CD.
- Research – We fund and encourage research and publicise opportunities to take part in research.
- Training – We supply speakers to talk about nystagmus and its effects for people working in education, health and social services. We also organise talks for parents and people who have nystagmus.

Contact: Nystagmus Network: John Sanders

Tel: 0845 634 2630 (UK only)

Tel: 029 2045 4242

Email: john.sanders@nystagmusnet.org

<http://www.nystagmusnet.org>

13.200 OACS - Organisation for Anti Convulsant Syndromes

We are here to support all families touched by Fetal Anti-Convulsant Syndromes. OACS is the only patient led registered charity for Fetal Anti-Convulsant Syndrome in the UK and Ireland.

Fetal Anti-Convulsant Syndrome is caused when the anti-convulsant medicine that a woman takes during pregnancy affects the foetus. It is not yet understood why this affects some children and not others, but it is believed may be due to a genetic disposition.

Contact Us

Contact Telephone Numbers

General: 020 8386 9271

Medical: 0794000377

Or email online at: <http://www.oacscharity.org/#!/blank/zmjat>

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

13.201 OCD Action

OCD Action is the largest national charity focusing on Obsessive Compulsive Disorder (OCD). We provide support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and frontline healthcare workers, and strive to secure a better deal for people with OCD. We are a dedicated charity with a clear vision, solid objectives and a real understanding of OCD. We provide a number of services for people affected by OCD including a support and information helpline, and an advocacy service.

Contact: OCD Action, Suite 506-507 Davina House,
137-149 Goswell Road, London, EC1V 7ET

Helpline: 0845 390 6232

Helpline email: support@ocdaction.org.uk

Advocacy: 020 7253 5272

Advocacy email: advocacy@ocdaction.org.uk

Office email: info@ocdaction.org.uk

Website: www.ocdaction.org.uk

Support Groups

Glasgow Support Group

Woodside Hall, 36 Glenfarg Street, Glasgow G20 7QF

Meeting Time: 18:30-19:30 Dates: First Wednesday of every month

Contact: Pamela 0141 942 5460

Email: ocdglasgow@yahoo.co.uk

Information on local support groups in Scotland, as well as online support groups (including one group aimed exclusively at people living in Scotland) can be found on the following page of the OCD Action website:

www.ocdaction.org.uk/support-groups

13.202 OUCH – Organisation for the Understanding of Cluster Headaches

Here at OUCH (UK) you will find all the support, information, advice, understanding and encouragement that you will ever need to cope with the devastating condition of Cluster Headaches

We exist to raise general awareness of the condition within the medical profession and the general public. We offer support and guidance to sufferers and their families and work closely with the Royal Free Hospital where our Patron, Professor Peter Goadsby has a headache team and also with the Institute of Neurology in London.

The research team conducts clinical and laboratory-based research into the mechanisms and management of headache syndromes. Their main interests are in migraine and the trigeminal autonomic cephalalgias, including cluster headache. The Professor is widely acknowledged to be amongst the foremost clinical/translational professionals in headache in the world. Many of our members, both sufferers and supporters, have participated in the research carried out by the Professor and at the Institute of Neurology.

We produce regular newsletters/information leaflets and hold regional meetings throughout the UK three times a year.

Contact: **Administration:** OUCH (UK) Admin, PO Box 62, Tenby SA70 9AG

Registered Office: OUCH (UK), Pyramid House, 956 High Road
London N12 9RX

HELPLINE - 01646 651 979

Email directly from the website at:

<http://www.ouchuk.org>

13.203 Ovacome ovarian cancer charity

We are here for anyone affected by ovarian cancer.

We provide a telephone and email support service staffed by specialist staff who can provide personalised information and emotional support.

We publish our newsletter three times a year which is packed with information about the latest ovarian cancer treatments, research trials and lots of news from our members. Ovacome also publishes factsheets for people affected by ovarian cancer and for health professionals. We represent the interests of our members to the health service, the medical and research establishments and health policy decision makers.

We value contact with our members and have developed friendships with many of them. Every year Ovacome runs a free Members' Day with talks by top health professionals and researchers and sessions which provide opportunities for women with ovarian cancer to meet and support each other.

Contact:

Support Service: 0800 008 7054

Email: support@ovacome.org.uk

Address: 52-54 Featherstone Street, London EC1Y 8RT

Telephone (office): 0207 299 6654

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

13.204 PAGES – Parents Advisory Group for Education and Socialisation

PAGES is a local voluntary group organised by parents. It was founded initially to provide activities for those children with additional support needs who couldn't cope with mainstream activities. Parents / carers must stay with their children during the activities. A range of after school and holiday activities are organised for children and their siblings. The group also provides support and information to parents and carers by hosting information evenings, and by speaking to parents and carers at the activities. Meetings are held monthly to plan and organise the group's activities, and new members are welcomed. There is an annual membership fee which goes toward the running costs of the group and its activities. PAGES operate an annual membership scheme which runs from 1st April. Membership of the group is free but for those wishing to access activities there is an annual fee per family.

This charge helps towards the insurance and running costs of the group.

For more information or an application form to join PAGES please

Contact:

Email: pages2002@hotmail.co.uk

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

13.205 Paget's Association

Paget's disease is a common, chronic bone disorder

The Paget's Association is the only organisation that focuses solely on this condition. It acts as a resource for those with Paget's disease of bone, the public and health professionals, offering high quality information and support when necessary.

Contact: The Pagets Association

Suite 5, Moorfield House, Moorside Road, Swinton, Manchester, M27 0EW

Tel: 0161 799 4646

Nurse Helpline: [07713 568 197](tel:07713568197)

Email directly from the website at:

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

13.206 Pain Concern

Pain Concern is a UK based charity for those living with pain and their healthcare professionals.

What we do:

- Information and support for people in pain.
- Quarterly magazine, Pain Matters. Internet radio show, podcasts and CDs, Airing Pain.
- Free booklet, A Guide to Managing Pain, by Liz MacLeod
- Factsheets and leaflets
- Campaign to improve pain services

Call our free helpline 0300 123 0789 or email help@painconcern.org.uk.

Visit Pain Concern's community page, a free online community where people can share experiences of chronic pain.

Contacts:

Telephone (Office): 0131 669 5951 (Mon-Fri 10 a.m. – 4 p.m., limited availability)

Email directly from the website

Address: Pain Concern, Unit 1-3, 62-66 Newcraighall Road, Edinburgh EH15 3HS

Telephone (Office): 0131 669 5951

Email: info@painconcern.org.uk

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

13.207 PAMIS

PAMIS is a voluntary organisation with charitable status. It can provide support for families who care for someone with profound and multiple learning disabilities (PMLD). It aims to provide:-

- Practical help, advice, training and information
- Individual support, and contact with other families
- Assistance with achieving better access to community resources, whether mainstream or specialist.
- The opportunity to influence policy and services significantly, both at local and national levels

Contact:

Address: Springfield House, 15/16 Springfield, University of Dundee, Dundee DD1 4JE

Tel: 01382 385 154

Fax: 01382 227 464

Email: pamis@dundee.ac.uk

Grampian

Address: c/o The Bungalow

Arduthie Street

Stonehaven

AB39 2EY

Director: Amy Anderson

Tel: 01569 764 221

Email: Grampian@pamis.org.uk

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

13.208 Pancreatitis Supporters' Network

The Pancreatitis Supporters' Network provides medical information and support for sufferers of the condition called pancreatitis. On this site there is a database of medical information, advice for sufferers and carers, a discussion board and a pen pals network.

Activities undertaken by the organisation

Counselling and support to its members who either have Pancreatitis or who are partners, spouses, friends, colleagues of someone with Pancreatitis. Initial telephone contact can be up to two hours and this is free to anyone.

Aim:

The Association is established to advance the education of the public in all matters involving the medical condition known as Pancreatitis.

Objective:

The Network was set up to educate both the public and the medical profession about the condition known as Pancreatitis. Also the importance of patients with Pancreatitis being treated by specialists in this field.

Formation:

On October 20th 1993 the Network was recognized as an official Charity by the Charity Commissioners for England and Wales with associated status and Charity Number 1027443.

Contact:

Email: Psn@pancreatitis.org.uk

Phone: 07949973430

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

13.209 Parents of Disabled Children

Families who have children and young people with special needs very often deal with similar life styles. We have all had concerns ranging from education, access to services, respite and other issues directly related to their children's needs. Parents of disabled children bring families together for friendship, to share information and to support one another.

The forum was created by parents who have children with special needs and is run by parents so we are all in this together. With us you will realise you are not alone

Parents of disabled children launched in October 2009 and we are growing day by day and are fast becoming a major support resource for all

Parent forum – contact through website:

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

13.210 Parkinson's UK

We're the UK's Parkinson's support and research charity. Because we're here, no one has to face Parkinson's alone

We offer friendship and support to everyone living with Parkinson's, their families and carers via our network of local groups across the UK.

We provide information and support through:

- our UK-wide team of information and support workers
- our free confidential helpline 0808 800 0303
- our publications

We offer education and training and develop resources for health and social care professionals to help improve services for people affected by Parkinson's.

Contact:

Phone: 0808 800 0303

Text relay: 18001 0808 800 0303 (for text phone users only)

Opening times: Monday-Friday 9am-7pm, Saturday 10am-2pm
(Closed Sundays/Bank Holidays).

Email: hello@parkinsons.org.uk - See more at:

<http://www.parkinsons.org.uk/content/contact-us#sthash.RnmUGBky.dpuf>

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

Aberdeen Branch

We offer information, friendship and support to local people with Parkinson's, their families and carers. We have 180 members, with an average of around 50 people with Parkinson's. We're very fortunate in having a Parkinson's nurse and an information and support worker based in the area.

We hold regular physiotherapy and hydrotherapy sessions for people with Parkinson's:

- Hydrotherapy on Monday evenings at Woodend Hospital
- Physiotherapy on Thursday mornings at Sheddocksley Baptist Church
- We also organise regular events and social activities. A programme of events is available by contacting us.

Join us - and meet other people affected by Parkinson's in your area.

Meeting venue: Rubislaw Church Centre, 1 Beaconsfield Place
Aberdeen AB15 4AB

Day: Second Wednesday of the month (except January, February, July and August)

Time: 7.30pm

Contact: Aberdeen Branch enquiries

Email: pds.aberdeen@hotmail.co.uk

Lena Sibbald

Telephone: 01786 433811

OR Email: scotland@parkinsons.org.uk

Fraserburgh Support Group

We offer information, friendship and support to local people with [Parkinson's](#), their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.

Meeting venue: United Reformed Church, Mid Street,
Fraserburgh AB43 9AG

Day: Third Friday of the month

Time: 2pm

Contact: Agnes Mowat

Telephone: 01346 510927

Garioch Support Group

We offer information, friendship and support to local people with [Parkinson's](#), their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.

Meeting venue: The Acorn Centre, West High Street, Inverurie AB51 3SA

Day: Last Tuesday of the month

Time: 2-4pm

Contact: Joy Doorghen

Telephone: 01467 620823

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

13.211 PEACH (Parents for the Early Intervention of Autism in Children

Peach runs a helpline which is a vital resource for parents when they first get a diagnosis of autism for their child.

Calls can include:

- How does autism manifest itself
- How to get a diagnosis
- What help is available
- Setting up an early intervention programme
- Special educational needs funding

Contact: Peach (Parents for the Early Intervention of Autism in Children)
 The Brackens, London Road, Ascot, Berkshire SL5 8BE
 Telephone: 01344 882248
 Facsimile: 01344 882391
 Email: info@peach.org.uk
<http://www.peach.org.uk>

13.212 Pernicious Anaemia Society

The Pernicious Anaemia Society is an international society that has its roots in Wales, UK. We have members from all over the world. The society exists to provide Information, Help and Support to sufferers of Pernicious Anaemia and B12 Deficiency and their families and friends. You are here because you need information about Pernicious Anaemia or B12 Deficiency.

There are many different types of members of our community; there are those who have been diagnosed with B12 deficiency but have no symptoms while others have finally been diagnosed only after a long journey that has seen them being investigated for other diseases and consequently been denied treatment.

You, or somebody you know, may be newly diagnosed and searching for an easy to read explanation of what Pernicious Anaemia is. Or you may be searching for answers to questions you have about the symptoms, diagnosis or treatment of PA.

You may want to ask specific questions and you will be able to do so on our popular online FORUM where you will find others who, maybe like you, are having problems in receiving a treatment regime based on your needs rather than on what an outdated textbook states.

Contact: Level 4, Brackla House, Brackla Street, BRIDGEND, CF31 1BZ,
 During office hours phone 01656 769717.

<http://www.pernicious-anaemia-society.org>

13.213 Penumbra

We provide a wide range of services which offer hope and practical steps towards recovery. We work to promote mental health and wellbeing for all, prevent mental ill health for people who are "at risk" and to support people with mental health problems.

Penumbra offers a variety of different services to support those experiencing mental ill health. Penumbra's services may include - supported living, supported accommodation, Nova Project, Self-Harm Project, short breaks,

alcohol related brain damage, homelessness service - Please contact us for more information as there is a difference between services offered in Aberdeen city and Aberdeenshire due to funding.

Support we may provide:

- 1-1 support
- well-being programmes
- peer support
- employment support
- Recovery focussed:
- I-ROC (Individual recovery outcomes counter)
- WRAP (wellness recovery action plan)
- Path & Personal Plan

Workshops may include:

- Managing moods
- Healthy living
- Working to work
- Social group
- WRAP: learn how to make your own WRAP and see how this can help you recover and stay well.

Contact: Area Office, 20 Back Wynd, Aberdeen AB10 1JP

Tel: 01224 642854

Email: north@penumbra.org.uk

Head Office

Norton Park E enquiries@penumbra.org.uk

57 Albion Road T 0131 475 2380

Edinburgh F 0131 475 2391

EH7 5QY

Website: <http://www.penumbra.org.uk>

13.214 Perthes Association

Helping children with Osteochondritis, PERTHES ASSOCIATION is an entirely Voluntary Organisation, founded in Birmingham in 1976 and was registered as a charity in 1977; in 1991 the charity moved to Guildford in Surrey and became a National Charity. Our registered charity Number is: 326161

The Association aims to help and advise families of children suffering from Perthes disease and Associated conditions in all parts of the British Isles and overseas. Perthes disease (a potentially crippling disease of the hip) is a form of osteochondritis, which affects 5.5 per 100,000 children (mainly boys) between the ages of 2 and 15 years. Perthes disease (also known as Legg-

Calve-Perthes disease, or Calve Perthes disease, or avascular necrosis) is a childhood disorder which affects the head of the femur (the ball of the ball and socket joint of the hip). In Perthes disease the blood supply to the growth plate of the bone at the end of the femur (called the epiphysis) becomes inadequate. As a result the bone softens and breaks down (a process called necrosis).

Perthes association is a voluntary organisation that supports children who suffer from Perthes disease and Associated conditions. Fund raising events have enabled the association to buy such things as Major buggies, wheelchairs and moveable seats, which are loaned entirely free to members (subject to availability and conditions). They have also bought almost 100 hand propelled trikes which they loan to children in splints or plaster, to enable them to play with their friends.

Associated Conditions:

Multiple epiphyseal dysplasia

A differential diagnosis to Perthes disease

Multiple Epiphyseal Dysplasia, usually simply called M.E.D. is an uncommon developmental condition. It was first described by Fairbanks in 1935 and is known to affect 11 persons per million. The multiple Epiphyseal dysplasias have been classified into a mild ribbing variety, in which stature is near normal and hip involvement is the major abnormality, and the more typical Fairbanks type (described by Fairbanks in 1947) which is more severe, often resulting in short stature with multiple Epiphyseal involvement

Contact

Tel: 01483 306637

Admin: 01483 447122

Email: help@perthes.org.uk

Address: Perthes Association, Astolat, Coniers Way, Guildford GU1 1JP

Helpline 01483 306637 Monday to Friday 9am – 1pm

Otherwise answerphone or email with a promised to respond within 24 hours.

Email online at: <https://www.perthes.org.uk/contact-us/>

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

13.215 People in Need of Kindness (PINK)

PINK is a support group consisting of friendly women of all ages who share with each other, their experiences of cancer.

The exchange of information and practical advice, as well as the giving and receiving of emotional support can help in the recovery process.

We extend our kindness to you and warmly invite you to join us at our activities. Friends and family members are also welcome.

Meetings are held on the second Tuesday of the month (excluding July) in the CLAN House, 120 Westburn Road, Aberdeen, AB25 2QA.

Between 7.30pm to 9.30pm you have the opportunity at these meetings to listen to guest speakers on related topics, talk over your fears and gain confidence, encouragement and optimism from others to move forward.

Contact: PINK (People in Need of Kindness)

Tel 01224 647000

Email directly from the website at:

Website: <http://www.pinknortheast.org.uk>

13.216 PINNT – Patients on Intravenous and Nasogastric Nutrition

Welcome to PINNT...

Imagine being unable to nourish your body from normal food and drink...

Instead you have to rely on liquid nutrients being pumped or infused into your body through a tube. This maybe Enteral or Parenteral. This is your lifeline. Hopefully you won't be in hospital but will be in the comfort of your own surroundings.

This site is intended for all nutrition patients and their carers. We also welcome and work with healthcare professionals, industry (in relation to products and services) and the general public and of course, PINNT members, both adults and children.

Our aims are:

- To promote greater understanding of the therapies amongst patients, potential patients and the medical profession.
- to provide contact between patients
- to work towards improving homecare services and range of equipment
- Have a united voice to campaign for a better, flexible and safer service.

Over the years we have not only brought together patients from around the world, but also doctors, nurses, pharmacists, dieticians and other healthcare professionals, industry as well as other charities working in the field of artificial nutrition worldwide.

Contact: PO Box 3126, Christchurch, Dorset BH23 2XS

OR through the website:

<http://www.pinnt.com>

13.217 Pituitary Foundation

The Pituitary Foundation has Local Support Groups operating across the United Kingdom and Republic of Ireland. These groups are run by dedicated volunteers who give their time to offer support and information to the local pituitary community. Meetings vary in frequency and content across the

country and aim to give members the opportunity to learn about their conditions, both from specialists and the experiences of others. Group meetings are not only about supporting one another as patients and carers, but are also about having fun and making new friends.

HELPLINES:

Patient Support and Information Helpline 0117 370 1320 (available Monday to Friday from 10.00 to 4.00)

Email: helpline@pituitary.org.uk

Endocrine Nurse HELPLINE 0117 370 1317 providing medical information and support (available Monday mornings 10.00am to 1.00pm; Monday evenings from 6.00pm to 9.00pm; Thursday mornings from 9.00am to 1.00pm)

Address: National Support Office, The Pituitary Foundation, 86 Colston Street
BRISTOL BS1 5BB

General enquiries: Main switchboard number 0117 370 1333

General enquiries email: enquiries@pituitary.org.uk

Aberdeen Branch

The Pituitary Foundation is delighted that local volunteers run a support group in the Aberdeen area. Pituitary conditions are considered quite rare and often present with bewildering symptoms, causing pituitary patients to feel isolated and alone. The group always welcome new patients and carers so do please feel free to come along.

Meetings: Currently meet approximately 3 times a year. Please see website for up to date information dates and venue.

<http://www.pituitary.org.uk/support-for-you/support-in-your-area/>

Contact: Rosa Watkin: rosa@pituitary.org.uk or 0117 370 1316.

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

13.218 Prader Willi Association UK

We provide support and information to all who live, work with or suffer from Prader-Willi Syndrome.

Prader-Willi syndrome (often called PWS) is a complex medical condition that affects both males and females throughout their lives. People with PWS may need extra support with health and development and in the areas of education and work.

People with PWS may present some challenging learning and emotional behaviours and unusual medical issues. The syndrome typically causes low muscle tone with motor development delays, short stature if not treated with growth hormone, and incomplete sexual development. Most people with PWS are floppy at birth with initial difficulties in feeding, but then in early childhood

begin to show increased appetite which can lead to excessive eating and life-threatening obesity.

Although PWS presents a group of features that occur together, it is important to remember that every child is an individual. Not every person with PWS will have all of these characteristics. Presentations will also vary in intensity from person to person. Increasingly, early diagnosis gives our children a more positive start with prompt intervention and sensible eating plans.

The name of the syndrome is derived from the names of two of the doctors who first described the pattern of characteristics associated with PWS in 1956.

Meetings organised for professionals, parents and persons with PWS.
Answerphone available when not open

Contact: PWSA UK, Suite 4.4, Litchurch Plaza, Litchurch Lane, Derby
DE24 8AA

Email: admin@pwsa.co.uk

Tel: [01332 365676](tel:01332365676)

HELPLINE: 01332 365676

Website: <http://www.pwsa.co.uk>

13.219 Primary Ciliary Dyskinesia

The PCD Family Support Group was formed in 1991 to:-

- Provide support to patients and their carers who have, or are suspected of having, PCD
- Bring PCD to the attention of medics who may come across PCD and continue to provide an up to date information service for them and the general public
- To promote research to aid diagnosis and treatment of patients with PCD
- Support the NHS and other bodies to ensure patients have access to diagnostic services and on-going care
- Fundraise to support the above activities

Contact through website at:

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

We can also be found on Facebook @PcdFamilySupportGroupUk or there is a local Scottish Facebook Group @PCDfamilysupportscotland

13.220 PSC Support

We're the UK charity dedicated to helping people affected by Primary Sclerosing Cholangitis (PSC). PSC Support is run by a small team of volunteers, totally funded from charitable donations, and here to help anyone affected by Primary Sclerosing Cholangitis.

Our objectives are to:

- Provide information and support to those affected by PSC.
- Work with partners to promote awareness of PSC, current research and the need for organ donation.
- support PSC-related medical practitioners and researchers by: giving PSC patients access to the latest relevant medical information to promote patient participation in essential trials;
- Providing grants towards projects that have specific target outcomes.
- Developing effective partnerships between PSC Support and medical practitioners, researchers, policy makers and people affected by PSC.

Contact through the website at:

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

13.221 Progressive Supranuclear Palsy Association

The PSP Association is dedicated to the support of people with Progressive Supranuclear Palsy (PSP) and the related disease Cortico Basal Degeneration (CBD), and those who care for them. As PSP and CBD are very similar, we often use 'PSP' as a shorthand

- We [fund research](#) to better understand the possible causes of PSP and CBD, to find ways to achieve earlier and better diagnosis and to develop treatments that could potentially slow down, or even halt, the progression of these diseases.
- We support patients, families and carers through the [services we offer](#) on a UK-wide basis, through our [Nurse Specialist](#) helpline, our [Local Support Groups](#), our publications (including the comprehensive Carers' Information Pack) and our [Annual Symposium](#) for carers and therapists.
- We [raise awareness](#) of PSP and CBD on a local and national level and work in partnership with the relevant bodies and umbrella organisations in the UK to seek to make a positive difference to the lives of people with PSP and CBD.

Contact: The PSP Association, PSP House, 167 Watling Street West
Towcester, Northamptonshire NN12 6BX

HELPLINE: 0300 0110 122

Tel: 01327 322410

Fax: 01327 322412

Email: helpline@pspassociation.org.uk

Website: <http://www.pspassociation.org.uk/>

13.222 Prostate Cancer UK

Prostate cancer is the most common cancer in men. We can help you understand more about the disease, symptoms and treatment options. We can give you the information and support you need to understand your diagnosis and treatment options. Talk to our specialist nurses or find out about

other ways we can help.

We provide up-to-date specialist information for men affected by prostate problems and their friends and families.

Contact

Helpline: 0800 074 8383. (Mon-Fri 10-4pm / Wed 7-9pm)

Tel: 020 3310 7000

Address: Prostate Cancer UK, Fourth floor, The Counting House, 53 Tooley Street, London SE1 2QN

Email: info@prostatecanceruk.org

<http://www.prostatecanceruk.org>

13.223 Prostate Help Association

Two first class stamps for initial information.

Information on Prostate Cancer, prostatitis, BPH reports.

Month by month account of prostate cancer journey using alternative treatments (see website).

Contact:

Email: philip@bph.org.uk

Website: <http://www.prostatehelp.me.uk>

13.224 Pseudoxanthoma Elasticum Support Group

The Pseudoxanthoma Elasticum (PXE) Support Group (PiXiE) is a charitable trust run volunteers.

The PXE support group aims to:

- help, encourage and assist those with PXE and their family members
- heighten the awareness of PXE amongst the medical community, support services and the general public
- link members with each other for mutual support and exchange of ideas
- provide information on the various aspects of PXE
- provide copies of our newsletter, "PiXiE", containing medical articles and letters from members
- hold meetings to which all members, their families and friends are invited

Contact through the website at:

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

13.225 Psoriasis Association

The Psoriasis Association is the leading national charity and membership organisation for people affected by psoriasis – patients, families, carers and health professionals- in the UK. Our work to help people whose lives are affected by psoriasis and psoriatic arthritis through research, information and raising awareness can only be achieved by your support. We offer good quality, reliable and independent information and advice to all who contact us.

We raise awareness of the condition and work with other key health officials and health professionals on strategic issues.

We represent the interests of members at a local and national level.

We fund and promote research into the causes, treatments and care of people with psoriasis.

Contact

Telephone: [01604 251 620](tel:01604251620) (Monday to Thursday 09.00 to 17.00, Friday 09.00 to 16.30 - calls are charged at local rate).

Email: mail@psoriasis-association.org.uk

The Psoriasis Association, Dick Coles House, 2 Queensbridge
Northampton NN4 7BF

<https://www.psoriasis-association.org.uk>

<https://www.psoteen.org.uk> a website especially for young adults with psoriasis

13.226 PUMPA – Purine Metabolic Patients' Association

PUMPA – the Purine Metabolic Patients' Association – is a charity set up to provide information and support for, and to encourage research into, a group of genetic metabolic purine and pyrimidine disorders.

These hereditary disorders take many forms, but are very often disastrous and totally debilitating for the sufferers. They affect the way certain chemicals in the body – purines and pyrimidines – are metabolised, or processed, which means that the normal way that the body's building blocks work can be totally disrupted. Some of the many results of this include bizarre neurological deficits (as in Lesch-Nyhan Disease) which can mean that a child is unable to walk or talk, immunodeficiency disorders which can mean a baby dies from overwhelming infection, and gout, severe kidney damage or kidney failure caused by excess uric acid.

Early diagnosis is vital because some of the symptoms are treatable, but these conditions are often neither known nor understood because most of the 28 disorders we know about have only been identified since 1970: their novelty makes it difficult for clinicians to keep pace.

PUMPA needs to stimulate awareness of these disorders, develop more patient support groups, and raise funds to support research by the [Purine Research Unit](#) at St Thomas' Hospital.

We seek to improve the care of patients and help families by advancing knowledge of purine metabolic disorders at every level amongst the public and medical profession. We do this by:

Support Patient Support Officers can put patients in touch with similarly-affected families and give them all the relevant information they can about the disease and the help available.

Spread of knowledge Members receive a regular newsletter, entries are placed in appropriate directories and articles are written for the medical and general press. This website is being developed both to disseminate information and to collect and collate data on the disorders from all parts of the world. Each of our AGMs is accompanied by a seminar for non-specialists on one of the twenty-eight diseases where patients and families can meet, discuss experiences, learn about the unit's research, and raise points they feel should be investigated. PUMPA intends to publish the subject matter of these seminars in the future.

Research: What patients most want is a cure. They've said so. The world's leading diagnostic and research unit in this field is at St Thomas' Hospital, London, and PUMPA has therefore concentrated on raising funds to keep it running. Recent PUMPA-supported work has included a study of the neurological implications of Lesch-Nyhan Disease

Contact us: The Purine Metabolic Patients' Association (PUMPA)
The Hon. Secretary, Dr Bridget Bax, [Molecular & Clinical Sciences Research Institute](#)

Ground Floor, Jenner Wing, St. George's, University of London
Cranmer Terrace, Tooting, London SW17 0RE

Tel: 020 8725 5898

Email: info@pumpa.org.uk

Or directly from the website at:

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

13.227 Re-Solv

Volatile substance misuse ('VSM') or volatile substance abuse ('VSA') is a serious problem in the UK, but remains one of the least talked about forms of drug use. If you or someone you know is affected by it, we are here to help.

Our Helpline number is 01785 810762, or you can visit the VSM section of our website where we have tried to answer the most frequently asked questions. What you do need to know is that volatile substance misuse can and does suddenly and unpredictably kill, and that there is no 'safe' way to do it that avoids this risk.

Scotland

Re-Solv has an active Scottish office, led by our Development Manager. Our focus is on capacity building within partner and stakeholder organisation who engage in direct delivery and where engagement platforms already exist. In the past two years we have trained over 3,600 professionals and we are active on key working groups such as the Drug Related Deaths Forum and Age Restricted Products Forum.

Re-Solv also provides school support, and a referral service for VSM users and/or their significant others

Contact: Office: 01785 817885

Helpline: 01785 810762

Address: 30a High Street, Stone, Staffordshire, ST 15 8AW

Email: information@re-solv.org

<http://www.re-solv.org>

13.228 Restricted Growth Association

The RGA is a self-help group providing and sharing information and support for people with restricted growth conditions and their families. The Association aims to help reduce the distress and disadvantages of people with restricted growth by trying to:

- Reduce social barriers
- Improve their quality of life
- Enhance the role in society of persons of restricted growth
- Lessen the fear and distress of families when a child with restricted growth is born
- Provide friendship, mutual support and encouragement for individuals and their families
- Develop an awareness of diversity and promote equality within the small people's community

The Association represents people of restricted growth and acts as an advocate on their behalf.

We provide a network to families and adults throughout the UK who have a rare genetic condition; to meet and share with those who have first-hand experience of the same or similar conditions - thereby offering mutual support and practical solutions to everyday life problems. We also aim to ensure that the diversity of the small people's community is promoted and celebrated.

The RGA provides a telephone help service, dedicated medical and benefits officers, information publications and a regular member magazine, online discussion forums, a fun-filled and educational annual convention, and regular social events.

Contact the RGA:

Helpline: 0300 111 1970

Email: office@restrictedgrowth.co.uk

Fax: 0300 111 2454

Address: PO Box 99, Lydney, GL15 9AW

Please Note: The phone line may at times be unanswered but please do leave a message and we will get back to you as soon as possible. The office phone is currently being answered by volunteers. During this time the phone may not be able to be answered and will be picked up by answerphone. A member of the committee will return your call as soon as possible if you have been able to get through.

Opening times: Monday 10.30am - 3.30pm / Tuesday 10.30am - 3.30pm

Wednesday 10.30am - 1.00pm / Thursday 10.30am - 3.30pm

Friday 10.30am - 3.30pm

Medical Advice email: medical@restrictedgrowth.co.uk

Adoption Advice: 0161 355 5399

email: adoptions@restrictedgrowth.co.uk

<http://restrictedgrowth.co.uk>

13.229 RLS-UK / Restless Legs Syndrome UK

RLS-UK is a UK registered charity dedicated to helping people who suffer with Restless Legs Syndrome (RLS), also known as Willis-Ekbom Disease.

RLS is usually described by those living with the condition as an irresistible and involuntary need to move the legs, although other body parts are also affected, including the arms and torso. Many of those living with RLS also experience varying degrees of pain. The condition can cause considerable discomfort during waking hours, particularly when the sufferer is in a relaxed state. However the condition is most acutely experienced in the evening or at night when sufferers are trying to sleep. It can lead to long sleepless nights and daytime fatigue and invariably impacts on the quality of life of the sufferer and those close to them.

Our charity is growing every day as awareness of RLS continues to develop. We have recently launched a new Facebook page (<http://www.facebook.com/rlsuk>), a new website (<http://www.rls-uk.org/>) and a new discussion forum which has hundreds of users who will understand what you are going through (<http://rlsuk.healthunlocked.com>)

Contact: RLS-UK, PO Box 61702, London SE9 9DD

Helpline: Open Mondays and Thursdays from 9:00am-11:00am, telephone: 01634 260 483

Email: chair@rls-uk.org

<http://www.rls-uk.org/>

<http://www.facebook.com/rlsuk>

<http://rlsuk.healthunlocked.com>

13.230 Royal National Institute of Blind People (RNIB) Scotland

We're the Royal National Institute of Blind People (RNIB) and we're here for everyone affected by sight loss. Whether you're losing your sight or you're blind or partially sighted, our practical and emotional support can help you face the future with confidence.

Whether you need advice on [staying in work](#), [using technology](#) to help you do everyday tasks, or simply someone who can offer [emotional support](#) to help you come to terms with sight loss.

We're RNIB and we're here from the moment you're diagnosed to help you get on with your life. From the day when you need us the most, until the day you're living your life again.

RNIB is a charity and we have three clear priorities:

1. Being there - people losing their sight can rebuild their lives
2. Independence - blind and partially sighted people can make the most of their lives
3. Inclusion - society includes blind and partially sighted people as equal citizens and consumers.

Contact:

[RNIB helpline](#) 0303 123 9999

RNIB Scotland, 12-14 Hillside Crescent, Edinburgh EH7 5EA
Telephone: 0131 652 3140.

Email: rnibscotland@rnib.org.uk

www.rnib.org.uk

13.231 Rubenstien-Taybi Syndrome Support Group

The Rubinstein-Taybi Syndrome Support Group is a company limited by guarantee and a registered charity. It is run on a not-for-profit basis by a management committee of around 12 volunteer trustees.

The main aims of the group are:

- to offer support to families and carers of those affected by Rubinstein-Taybi Syndrome (RTS); and
- to help raise awareness of RTS amongst the medical community and the general population.

It is funded almost entirely by fundraising events and voluntary donations.

In order to support families we:

- offer a telephone support network
- provide information about the condition (especially useful to families who have just received a diagnosis)
- produce a periodic newsletter

- arrange regular family get-together days and weekends
- produce and update this web site and maintain a presence on social media.

If you would like to join the group (there is no charge) and receive copies of the newsletters and details of family get-togethers and weekends, please contact us.

Contact:

Registered office: 39 Hale Road, Heckington, Sleaford, Lincs, NG34 9JN

Email directly online at: <http://rtsuk.org/contact/>

<http://www.rtsuk.org>

13.232 Scleroderma and Raynaud's UK

We are Scleroderma & Raynaud's UK (SRUK), the only UK Charity dedicated to improving the lives of people with Scleroderma and Raynaud's phenomenon.

We are here to improve awareness and understanding of these conditions, to support those affected, and ultimately, to find a cure.

We currently support twenty-two thousand people in Britain. Our aim is to reach out to every single person who has scleroderma or Raynaud's diagnosis, providing them with the information and support they need.

By creating connections between people with the conditions and professionals, we have built a motivated community that shares knowledge and support, works in partnership on research projects, and speaks up about scleroderma and Raynaud's. We have a stronger voice together.

Our Vision

Our vision is a world where no-one has their life limited by Scleroderma and Raynaud's.

Our Mission

Our mission is to improve the lives of everyone affected by Scleroderma and Raynaud's. We do this by investing in research, improving awareness and understanding of the conditions and providing information and support to all those affected.

What we do

Improving the lives of people with scleroderma and Raynaud's is central to everything we do. We want everyone with the conditions to live as full and unlimited a life as possible, until we find a cure.

Being there for our community when they need us is paramount – we do this through our helpline, local support contacts, support groups and our online forum. We also run regular educational events and have a yearly conference to bring people together.

We are driven to make real progress towards more effective treatments and a cure. We invest in innovative research projects at the forefront of the field.

We also make our voices heard with decision-makers and politicians, pushing scleroderma and Raynaud's to the top of the health and social care agenda.

Contact:

Telephone: 20 7000 1925

Email: [online](#)

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

13.233 Scoliosis Association

The Scoliosis Association (UK) (SAUK) aims to provide advice, support and information to people with scoliosis and other spinal conditions, including kyphosis and lordosis.

SAUK has a variety of ways to support you - we run a dedicated [helpline](#) and hold an up-to-date list of [scoliosis specialists](#) in the UK. You can get further support by [becoming a member](#), allowing access to the [scoliosis contacts network](#), local support through [Regional Representatives](#), access to the online [members' forum](#), and our [magazine](#), *Backbone*.

The Scoliosis Association (UK) is the only independent support group for scoliosis in the UK. It was set up in 1981 to help people affected by scoliosis. SAUK aims to:

- Provide advice, support and information to people affected by scoliosis, and their families
- Raise awareness among health professionals and the general public
- We achieve these aims by:
 - Running a helpline (0208 960 1166) open Monday – Friday 9.30 – 5.30
 - Organising campaigns to help increase awareness of scoliosis in the general public and among health professionals
 - Producing publications to help inform those with scoliosis
 - Holding regional meetings at which specialists provide advice on scoliosis
- Running a membership scheme that helps people with scoliosis to keep in touch with one another, access support in their local area and keep them up-to-date with treatment developments.

Contact: The Scoliosis Association (UK)

4 Ivebury Court, 325 Latimer Road, London W10 6RA

For our [helpline](#) please telephone us on: 020 8964 1166

For general enquiries you can telephone us on: 020 8964 5343

Email: info@sauk.org.uk.

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

13.234 Scottish Association for Children with Heart Disorders

Formed in England in 1973, registered as a charity in 1975, the Association for Children with Heart Disorders is a Support Group run by families of cardiac children, for families with, or who have had, children with heart disorders. Scottish branches were formed in 1981. Groups of parents, bereaved parents and friends felt that they would like to help raise funds for the paediatric units in Scotland which care for children with heart disorders

The objectives of the Association are:

- To advance the education of the public about the problems experienced by children and young adults with congenital heart conditions and their families.
- To relieve the suffering and distress, and promote the welfare of children and young adults with congenital heart conditions in particular by the support of parents and families, so that their conditions of life may be improved.

We seek to:

- Improve facilities for children and young adults at heart units and in hospitals throughout Scotland.
- Maintain the standard of improvements as new techniques develop and to foster and encourage research into heart disorders and techniques.
- To help achieve this we:
- Raise funds and invite and receive contributions to help purchase essential specialised equipment that is not always forthcoming through normal National Health Service channels.

As we are a voluntary group we do not have an office or a contact telephone number. To make **contact** please e-mail your local branch, Scottish Secretary or the Chairperson.

SACHD Secretary: Grant Thomson

E-mail: secretary@youngheart.info

Chairperson: John Fegan

E-mail: chairman@youngheart.info

Branch Contacts: Aberdeen: Vikki Carpenter

E-mail: aberdeen@youngheart.info

Banff & Buchan: Joyce Bruce

E-mail: banffbuchan@youngheart.info

<http://www.youngheart.info>

13.235 Scottish Association for Mental Health

SAMH is Scotland's leading mental health charity. On these pages you can find out more about our vital work.

SAMH works hard every day to ensure that people are talking about mental health and we do this in four ways:

Community based services for people with mental health problems

SAMH provides community based support services for people across Scotland with mental health problems. Our services are built upon our belief that people with mental health problems can and should be ambitious about their futures.

We have considerable expertise in responding to the needs and experiences of people with mental health problems and now provide services that support over 3000 people on a daily basis. Our services reflect the diversity of our communities and cater for a wide variety of needs and experiences with varying levels of support offered.

National programmes

SAMH is building five national programmes designed to address wider societal needs for information, resources and services. The programmes focus on:

- [See Me](#) - Anti-stigma
- [Respect Me](#) - Anti-bullying
- [Suicide Prevention](#)
- Trauma
- [Get Active](#) - Physical Activity and Sport

Policy and campaigning work

We know that each year one in four of us in Scotland will experience a mental health problem. For some of us this can have the most profound impact on our physical health, our work and relationships, often affecting our well-being and quality of life.

In SAMH's 2016 Manifesto, we are asking for a 10-year vision which ensures the new model of "Ask Once, Get Help Fast" is included in the next Mental Health Strategy - one which prioritises prevention and early intervention.

We know that positive changes have been made already. It is true that in the last 15 years we have seen mental health being given increased prominence and funding: there have been great strides in cutting suicide rates and attitudes to mental health are starting to change for the better.

However, it is SAMH's call that by 2020 everyone who needs mental health support will be routed to an appropriate recovery focused source of help at the first time of asking, within a clear timescale.

Read SAMH's full Manifesto '[Ask once, Get help fast](#)'.

Raising funds to ensure that our vital work can continue

You can help to achieve great things by getting involved with our work. We value any time and support you are able to give.

Here are some of the ways you can help:

Raise Money - Join Team SAMH and take part in an event or do your own thing. Whatever you decide to do we're with you all the way.

Donate - You can help provide life-changing solutions with a one-off or regular donation

Volunteer - If you have some time to spare, we're always on the look-out for volunteers to help with fundraising, events and all sort of other activities happening at SAMH

Campaign - Campaign with us on mental health issues to help change lives

Share your experience - Help us to spread the word about mental health by sharing your own story

Contact: SAMH Information Service, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ.

Email: enquire@samh.org.uk

Telephone: 0141 530 1000

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

13.236 The Scottish Centre for Children with Motor Impairments

Education, therapy and support for children and families across Scotland affected by neurological conditions including cerebral palsy, Rett Syndrome and other neurological conditions.

The services we offer include:

Early Intervention Programme - for children aged 0 - 3 years and which is free.

Early Intervention Programme - for children aged 3 - 5 years which requires a fee.

Nursery Class - includes integrated education and therapy for children aged 3 - 5 years.

Primary Class - includes integrated education and therapy for children aged 5 - 12 years.

Secondary class - includes integrated education and therapy for children aged 12 – 14 years.

Access to Education Therapeutic Programme for children across Scotland age 3 - 19 years.

Contact:

The Scottish Centre for Children with Motor Impairments

The Craighalbert Centre, 1 Craighalbert Way, Cumbernauld

G68 0LS

Telephone: 01236 456100
Email: sccmi@craighalbert.org.uk
<http://www.craighalbert.co.uk/>

13.237 Scottish Huntington's Association

We provide specialist information, confidential advice, help, emotional support and a support network across Scotland, as well as aim to raise awareness through information and education for those affected by Huntington's disease. For individuals and family members affected by Huntington's disease, unpaid and paid carers and Health and Social Work professionals.

Contacts

National Office:

Business First, Linwood Point, Paisley. PA1 2FB.
Tel: 0141 848 0308
Email: sha-admin@hdscotland.org
<http://www.hdscotland.org>

Grampian:

Liz Fraser, Senior HD Specialist

Scottish Huntington's Association (Grampian), Clinical Genetics Centre,
Ashgrove House, Foresterhill, Aberdeen. AB25 2ZA.
Tel: 01224 550062

Email: elizabeth.fraser10@nhs.net

Youth Service (North and East):

David Drain, Specialist Youth Advisor

Scottish Huntington's Association (Grampian), Clinical Genetics Centre,
Ashgrove House, Foresterhill, Aberdeen. AB25 2ZA.
Tel: 01224 550063
Email: david.drain@hdscotland.org

13.238 Scottish Motor Neurone Disease Association

MND Scotland is the only Scottish charity dedicated to people with Motor Neurone Disease (MND), their families, friends and carers. We provide a [wide range of services](#), [information about MND](#), and funding for research.

Through education, campaigning and research, we work collaboratively to ensure that people affected by MND have access to the highest quality care and support.

Contact us: MND Scotland

2nd Floor, City View, 6 Eagle Street, Glasgow G4 9XA
Tel: 0141 332 3903

Email [info@ mndscotland.org.uk](mailto:info@mndscotland.org.uk)

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

13.239 Scottish Autism

Scottish Autism, formerly the Scottish Society for Autism, is Scotland's leading autism charity providing a range of services dedicated to enabling people with autism of all ages to lead full and enriched lives and become valuable members of their community.

- **Nationally**

- Autism Support Team - Advisory and Consultancy Service for families and professionals

- Online Parent Support – for parents and carers
- Autism Training – for professionals
- Respite and Short Breaks Centre
- Residential, Day and Community Outreach Services for adults
- School with residential places
- Educational assessment and advice
- Diagnosis and Assessment service

For all autism related enquiries please contact our Autism Advice Line. We have a dedicated team of Autism Advisors who are trained and experienced in working with people on the autism spectrum and who can offer personalised help and support.

Contact:

Our Autism Advice Line is open Monday to Friday 9.30am - 4pm.

Tel: 01259 222022 or use our [online contact form](#) and an advisor will be in touch within three working days.

Address: Scottish Autism, Hilton House, Alloa Business Park, Whins Road, Alloa, FK10 3SA

General enquiries: Tel: 01259 720044

Email: autism@scottishautism.org

<http://www.scottishautism.org>

13.240 Spina Bifida Hydrocephalus Scotland

Spina Bifida Hydrocephalus Scotland (SBH Scotland) provide a lifetime commitment of support, training and information to all children, adults, families and carers who are affected by spina bifida, hydrocephalus and related conditions. Around 80% of those with spina bifida have hydrocephalus and our experience with hydrocephalus is such that we now receive referrals and enquiries from those who have hydrocephalus as their main condition.

SBH Scotland's Direct Services Team provide services to over 3500 people across Scotland to ensure that each individual can enjoy as high a quality of life as possible.

Services include:

- Helpline
- One-to-One Person Centred Support via home and hospital visits and clinics
- Family support groups, pregnancy advice and support
- Advocacy
- Intensive new baby support
- Support via web, publications, social media and online forums
- Dedicated hydrocephalus website
- Housing and adaptation information
- Independent Living Support
- Aids and equipment information
- Mobility advice
- Health check clinics
- Bereavement support
- Educational support materials

SBH Scotland also run a fully adapted holiday cottage in Carnoustie which is available for anyone to rent and they have a purpose built Support Centre in Cumbernauld which provides tele-medicine facilities and a range of training and recreational support services.

North of Scotland Support Service

SBH Scotland has Support and Sessional Staff who work specifically with families in the North of Scotland. This is as part of the North of Scotland Project which has allowed SBH Scotland to provide a very personalised service, tailored to meet the needs of SBH Scotland's families in the North.

Contact: Sophie Teear

Telephone: 01479 870309

Email: sophie.teear@SBHScotland.org.uk

Contact SBH Scotland

If you require any further information, please do not hesitate to get in touch. You can call SBH Scotland on the numbers below:

General enquiries: 03455 211 811

Family support: 03455 211 300

Fundraising: 03455 211 600

Email: support@SBHScotland.org.uk

Registered Address: Spina Bifida Hydrocephalus Scotland, The Dan Young Building, 6 Craighalbert Way, Cumbernauld G68 0LS.

www.SBHScotland.org.uk

13.241 Seasonal Affective Disorder Association

SAD is a depressive illness caused by shortened daylight hours and a lack of sunlight. Being animals, we are all affected to some extent by changes in light

and the seasons. Most of us like comfort food and tend to feel more lethargic in winter.

For about 21% of the UK population, mildly debilitating symptoms of SAD cause discomfort but not serious suffering. This is called "Sub-syndromal SAD" or "Winter Blues".

For a further 8%, SAD is a more seriously disabling illness which prevents normal function without appropriate treatment.

SAD is a complex illness with a wide range of symptoms including

- ☐ Depression
- ☐ Sleep Problems
- ☐ Lethargy
- ☐ Over Eating
- ☐ Loss of Concentration
- ☐ Social Problems
- ☐ Anxiety
- ☐ Loss of Libido
- ☐ Mood Changes

SADA is the UK's only charitable support organisation dedicated to Seasonal Affective Disorder (SAD). It is a voluntary organisation and registered charity, set up to inform the public and health professionals about SAD and support and advise sufferers from the condition. Originally membership-based, SADA is now open-access with free documents and helpsheets covering all aspects of the condition and a dedicated support email.

Contact: SADA, PO Box 332, Wallingford, Oxon, OX10 1EP

Email: support@sada.org.uk

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

13.242 See me Scotland

See Me is Scotland's national programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

We are jointly funded by the Scottish Government and Comic Relief, and managed by SAMH and the Mental Health Foundation.

We are working to change negative behaviours towards mental health, by creating a movement for change, bringing people together all over Scotland who are all passionate about tackling stigma, to work as one.

See Me is focused on three main areas where stigma is most prevalent, with children and young people, in health and social care and in workplaces.

Glasgow Office

See Me

Brunswick House, 51 Wilson Street

Glasgow G1 1UZ

Tel: 0141 530 1111

Email: info@seemescotland.org

Office hours: 9.00am - 5.00pm Monday -Friday

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

13.243 SensationALL

SensationALL charity specialise in providing a wide range of subsidised support services for children, young adults with multiple support needs or disabilities in their families.

- Regular Pre-School sessions offering sensory play experiences, music, movement and parent support for children with Multiple Support Needs (MSN)
- Informal "Stay & Play" sessions where families can meet up with others in similar circumstances, with an experienced Occupational Therapist on hand, in appropriately equipped facilities.
- "Tea and Tips" -is for parents/carers to come for an informal chat with one of our experienced specialists who can offer practical advice on day to day challenges due to their child's condition, or share ideas on resources or links to other suitable sources of information or services.
- Pre-School Parent and Support group- jointly run play and support sessions for toddlers with MSN or communication issues.
- "CHILL OOT" - A bespoke 8 week programme aimed at empowering children aged between 7-12 who have ASD, ADHD, Anxiety or Moderate LD and are experiencing emotional and/or behavioural regulation difficulties.
- Girls Group – A specifically devised programme for young girls who experience anxiety, self-regulation and social related difficulties. The programme integrates social skills based activities; informal topical discussions; and fun practical tasks related to de-stressing techniques.
- SensationALL Singers- our inclusive community choir where people of all ages and abilities come together for fun, socialising and singing that is led by choir members' choices and specialists are on hand to support those with disabilities or communication difficulties.
- Social Group - This group is a drop-in/drop-off group for 6-16 year olds with MSN and their siblings. It is an informal setting offering social opportunities with peers in a safe environment to build friendships, learn new skills and have fun.
- Hire of the sensory room and resources
- Hire of soft play area and resources

- A range of specialist sessions throughout the year including during holiday periods, such as Music Therapy, Music and Movement sessions run by OTs; arts & crafts; drumming; physical play; Lego groups; sensory disco; social groups and outdoor play
- We deliver regular MSN themed workshops for parents, carers, professionals and volunteers throughout the year, based on the topics commonly requested by parents and these will have a very practical, proactive approach to helping manage the issues that can challenge those caring for someone with MSN. We also purchase the services of professional experts for our training workshops when necessary.
- Training workshops are also delivered as in-service training to schools, nurseries, parent groups and other relevant organisations as our charity's key focus is very much around empowerment through increased understanding.

Contact:

Telephone: 01224 746699

Address: Old School House, Westhill Road, Westhill, Aberdeenshire, AB32 6Ft

Email: info@SensationALL.org.uk

Web: www.sensationALL.org.uk

13.244 Short Stature Scotland

Short Stature Scotland offers support to all people with short stature, their families, friends, and any interested parties.

We promote public awareness for increased understanding of people living with short stature.

There are various pages on our website accessible to all, although there is a Member's only area, which can only be viewed if you have paid a membership to Short Stature Scotland.

Contact: Chairperson,
P.O. Box 3464, Glasgow G62 9AY.

E-mail to: enquiries@shortstaturescotland.co.uk

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

13.245 Sibs

Sibs is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care. There are over half a million young siblings and 1.7 million adult siblings in the UK.

We support siblings of all ages who are growing up with or who have grown up with a brother or sister with any disability, long term chronic illness, or life limiting condition.

Sibs' long term vision is that every local authority in the UK will have a dedicated sibling service for young siblings and a support network for adult siblings. We will achieve this through:

Being the UK resource for information, training and research on sibling issues

Influencing the policies of government and other service providers

Increasing public awareness of siblings

Contact

By phone: 01535 645453

By email: info@sibs.org.uk

By post: Meadowfield, Oxenhope, West Yorkshire, BD22 9JD

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

13.246 Sickle Cell Society

The Sickle Cell Society believes that individuals suffering from sickle cell disease has the right to quality care. This can only be achieved if funding is made available to educate health carers and other professionals about the condition. The Society aims to provide this. The Society does not discriminate between the types of sickle cell disorders or the ethnic groups concerned. Both sexes are equally affected, and should have equal access to support and services within a confidential and sensitive environment. We respect the views of every patient. We have a network of committed volunteers, who play an important part in running the charity, providing administrative backup, and helping with fund-raising activities.

Contact: Sickle Cell Society

54 Station Road, London NW10 4UA

Telephone: 020 8961 7795

Fax: 020 8961 8346

Email: info@sicklecellsociety.org

Website: www.sicklecellsociety.org

Facebook: Sickle Cell Society UK

Twitter: @SickleCellUK

13.247 Society for Mucopolysaccharide Diseases

The Society for Mucopolysaccharide Diseases was founded in 1982 and represents children and adults suffering from Mucopolysaccharide and Related Lysosomal Storage Diseases, their families, carers and professionals throughout the UK.

Services include advocacy, information and support. One to one support for parents of newly diagnosed children is provided through the head office and if requested a home visit can be made.

Contact:

Address: MPS House, Repton Place, White Lion Road Amersham,
Buckinghamshire HP7 9LP

Telephone: 0345 389 9901

Fax: 0345 389 9902

Out of hours support line: 07712 653258

All Ireland MPS Advocacy Service Tel: 077862 58336 or 02895 047779

Facebook: www.facebook.com/mpssociety

Twitter: @MPSSocietyUK

Email: mps@mpssociety.co.uk

Website: <http://www.mpssociety.co.uk>

13.248 Speakeasy

Our latest estimate is that well over 350,000 people in the UK have Aphasia.

This communication disability is caused by damage to the language centres of the brain. It can come as the result of a stroke, head injury, brain tumour or other neurological illness. It should be noted that intellect is rarely affected.

The medical term for this is Aphasia (or Dysphasia).

Speakability is dedicated to supporting and empowering people with Aphasia and their carers.

The Group offers people with aphasia friendship and support, and gives people the opportunity to improve confidence and develop skills.

Contact:

Lead Speech and Language Therapist: Annette Cameron
Mobile Stroke Team Speech and Language Therapy
Aberdeen Royal Infirmary, Foresterhill, Aberdeen AB25 2ZN
Tel: 01224 559290

Phone: 01224 634572

National Helpline: 0800 808 9572 Tues-Thurs: 11.00am-3.00pm

Additional Addresses: Speakability (Action for Dysphasic Adults)
240 City Road, London EC1V 2PR

Tel: 020 7261 9572

Email: speakability@speakability.org.uk

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

13.249 Spinal Injuries Association (SIA)

We believe life needn't stop because you are paralysed.

As the leading user led charity for spinal cord injuries, we are well placed to understand the everyday needs of living with an injury. We exist to meet those needs, by sharing information and experience, and campaigning for change, enabling each person to lead a full and active life.

We're here to support you, from the moment your spinal cord injury happens and for the rest of your life.

Contact:

Spinal Injuries Association

SIA House, 2 Trueman Place, Oldbrook, Milton Keynes MK6 2HH

Telephone: 0845 678 6633

Fax: 0845 070 6911

Email: sia@spinal.co.uk

Freephone Advice Line: 0800 980 0501 Open 9.30am to 4.30pm (closed 1pm to 2pm) Monday to Friday

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

13.250 STARS – Syncope Trust and Reflex anoxic Seizures

STARS works together with individuals, families and medical professionals:

- To alleviate the effects of and provide support and information on syncope and Reflex Anoxic Seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.
- To advance the education of the medical profession and the general public on the subject of syncope and Reflex Anoxic Seizures and its implications for the individual and family.
- To promote research into the management of syncope and Reflex Anoxic Seizures and to publish the useful results thereof and to support organisations promoting research into syncope and Reflex Anoxic Seizures. STARS has brought together experts from every field (healthcare professionals, allied professionals, geriatricians) to ensure that everyone works to ensure correct diagnosis and access to effective treatment and support. STARS Medical Advisory Committee (MAC) is pivotal to our work. The committee comprises of

a panel of international medical experts who act as an advisory, support and management committee for STARS, as well as advisory on all our literature.

The overall aim of the charity is to ensure that anyone presenting with unexplained loss of consciousness receives the correct diagnosis, the appropriate treatment, informed support and sign posting to the appropriate medical professional.

Contact Us: STARS, Essex House, Cromwell Business Park, Chipping Norton, Oxfordshire OX7 5SR

Telephone: 01789 867 503

Fax: 01789 450 682

Email: info@stars.org.uk

13.251 Steeper Clinic (Plagiocephaly)

The Steeper Clinic specialises in the treatment of deformational plagiocephaly (sometimes known as “flat head syndrome”) in babies. The team of experienced, HPC registered and CRB checked Paediatric Orthotists offer a holistic treatment service including:

- the use of repositioning techniques
- helpful products and STARband cranial remoulding orthoses (helmets).

Contact: Tel: 01132 070 432

Leeds Clinic: Steeper Clinic, Unit 6, Hunslet Trading Estate, Severn Road, Leeds, LS101BL

London Clinic: Steeper Clinic, Unit 20, Kingsmill, Business Park, Chapell Mill Road, Kingston Upon Thames, Surrey, KT1 3GZ

Email: enquiries@steeperclinic.com

<http://steeperclinic.com>

13.252 STEPS Charity

STEPS offers confidential advice and support to people affected by hip dysplasia, clubfoot and other lower limb conditions.

We are the UK’s only national charity which supports ALL lower limb conditions. Our valuable experience and knowledge can help you make confident and informed decisions at what can be a confusing and difficult time. We offer a wide range of services to help and support family, friends and individuals and are continually developing resources to reach more families and raise awareness of the conditions we support.

Our information booklets are available in many hospitals but can be requested via our website or by contacting the office by email or telephone. All our booklets are free of charge.

STEPS offers an online helpline (info@steps-charity.org.uk) and a telephone Helpline Monday to Friday 9.30am – 4pm.

Contact: STEPS Charity,

Helpline on 01925 750271

Email: info@steps-charity.org.uk

<http://www.steps-charity.org.uk>

13.253 Stickler Syndrome Support Group

The SSSG is non-profit making organisation that provides information for families, healthcare and medical professionals affected by or caring for people with Stickler Syndrome

It is a genetic progressive condition, which can affect both sexes and is normally passed on from parent to child. It affects the body's collagen (connective tissue) which is the most plentiful protein in the body - about one third of all our protein is made up of collagen. Collagen forms a major part of connective tissue, which can be described as the supportive tissue of the organs of the body. Some connective tissue acts like a glue or binding, in other areas it acts like scaffolding, and can also allow for the elastic stretching and tightening, especially in the muscles. Collagen is also an important part of the cartilage which covers the bone ends of the joints. In the eye it is found in the sclera, cornea and vitreous humour.

Contact: Stickler Syndrome Support Group
PO Box 3351, Littlehampton BN16 9GB

Telephone: 01903785771

Email: info@stickler.org.uk

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

13.254 Stroke Association

The Stroke Association is the leading charity in the UK changing the world for people affected by stroke.

We provide information and support to all people affected by stroke through our helpline and wide range of free publications. We provide Life after Stroke Grants for people in financial need, and also fund research in stroke prevention and treatments as well as campaigning to raise awareness of the impact of stroke.

Contact: Stroke Association, Links House, 15 Links Place, Leith, Edinburgh, EH6 7EZ

Scotland Office: 0131 555 7253

Head office: 020 7566 0300

Text phone: 18001 0303 3033 100

Stroke Helpline: 0303 3033 100 (9.00am to 5.00pm Monday, Thursday and Friday, 8.00am to 6.00pm Tuesday and Wednesday and 10.00am to 1.00pm

Saturday)

Email: info@stroke.org.uk

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

13.255 Sturge Weber UK

The Sturge Weber UK is a voluntary support group for families and adult sufferers affected by Sturge Weber syndrome, a rare neurological disorder. A registered charity, it was launched in 1990 as an independent group by the disability support organisation Contact a Family

Sturge Weber syndrome is a rare disorder of unknown incidence and origin; although present at birth, it is NOT thought to be hereditary. Sturge Weber is usually indicated by a birthmark (port wine stain) somewhere on the face, usually involving the eye and forehead, also similar blood vessels on the brain, called an angioma. Those who suffer from SW often suffer from epilepsy, hemiplegia (a weakness or stiffness affecting one side of the body, similar in appearance to that of a stroke), glaucoma and learning difficulties. Symptoms usually occur in the child's first year of life

Aims:

- ☐ To provide support and information on different aspects of the syndrome and to raise both public and professional awareness of the condition.
- ☐ To promote medical research into the causes and treatment of this syndrome.
- ☐ A Family Weekend is organised every eighteen months in the Spring and Autumn, when doctors and other professionals talk about relevant topics.
- ☐ A Newsletter is produced and information leaflets are available

Contact: STURGE WEBER UK

Burleigh, 348 Pinhoe Road, Exeter, Devon, EX4 8AF

Tel: 01392 464675

Fax: 01392 464675

Email: support@sturgeweber.org.uk

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

13.256 Support in Mind Scotland

Support in Mind Scotland works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters.

We seek to support and empower all those affected by mental illness.

The organisation is also a service provider and offers the following services:

- Support and Information Groups
- Information, advice and support
- Drop-in/Resource Centres
- Outreach
- Vocational Support
- Carers Support

Contact: Support in Mind Scotland National Office

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh EH16 5GA

Tel: 0131 662 4359

Fax: 0131 662 2289

Email: info@supportinmindscotland.org.uk

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

13.257 Support Organisation for Trisomy 13 and 18 (SOFT)

SOFT UK, established in 1990, is the Support Organisation for Trisomy 13 (Patau's syndrome), Trisomy 18 (Edwards' syndrome), and related disorders. It aims to give support and information to families affected by a diagnosis (pre or post-natal) of Patau's or Edwards' syndromes.

SOFT UK:

- provides help and information for families after diagnosis of one of these conditions
- supports a network of area co-ordinators
- provides pre-natal befriending and bereavement counselling at a national level (trained counsellors)
- publishes a LINK LIST with members names, addresses and phones for mutual support and contact
- holds an Annual Scottish conference (October)
- holds an Annual UK Conference (May)

Contact:

The SOFT UK family support team can be contacted:

Tel: 0330 088 1384

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

13.258 Tar Syndrome Support Group

It is devastating to discover that your child has a rare medical condition and, as parents of children with TAR syndrome, we recognise the need for information and emotional support.

Aims of TAR Syndrome Support Group:

- To offer support to families affected by TAR syndrome
- To raise awareness of TAR syndrome with professionals and other interested individuals.
- To link families in similar situations and areas.
- To give new families hope for their children's future through the shared experiences of older children in the group.
- To share information on equipment, benefits, relevant support organisations, etc.
- Support families through increasing public awareness of TAR syndrome by raising funds, organising events and publishing literature

Contact:

Email: Susyedwards@hotmail.co.uk

<http://www.ivh.se/TAR>

13.259 Telangiectasia Self Help Group

The Telangiectasia Self Help Group was founded in 1985 to maintain a register of sufferers and to put affected families in touch with one another.

The group was initially funded by a donation from the Thames/LWT Telethon Trust. A newsletter is sent to all members on an occasional basis informing them of the developments in the treatments of this disease.

Hereditary Haemorrhagic Telangiectasia: (HHT) also known as Osler-Weber-Rendu disease, was first described over 100 years ago. It is due to a faulty gene and is very variable causing some people considerable distress whilst others escape with much less severe problems. For many patients, nosebleeds are the main problem although bleeding from the lining of the stomach and intestines occurs in about 20% of cases.

For further information or if you wish to become a member please

Contact: Mrs Diana Lawson

Co-ordinator/Organiser, Telangiectasia Self Help Group, 39 Sunny Croft
Downley, High Wycombe, Bucks HP13 5UQ

Tel: 01494 528047

E-mail: info@telangiectasia.co.uk

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

13.260 Testosterone Deficiency Centre

Information about many testosterone deficiency conditions – symptoms, testing, diagnosis, therapies and complications

- *Primary Hypogonadism:*
Otherwise classified as testicular Hypogonadism, Primary Hypogonadism suggests testicular problems in producing Testosterone. Elevated LH and FSH even within their ranges with lowering Testosterone are indicative of Primary Hypogonadism. Testosterone Replacement therapy is the only option for Primary Hypogonadal patients.
- *Secondary Hypogonadism:*
Secondary Hypogonadism, or Pituitary Gland originating Hypogonadism is indicated when the LH and FSH numbers are almost zero and Testosterone is lowered. Doctors are increasingly using low dose HCG or Clomiphene Citrate (Clomid) to stimulate the Pituitary Gland and the testicles to produce Testosterone naturally.
- Men do not need Prolactin to function, however when elevated, Prolactin can be an indication of a benign tumour in the Pituitary Gland.

Contact: 3 Belmont Street, Gwynned, Wales LL57 2YU

Email: nick@androids.org.uk

Telephone: 07988074440.

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

13.261 Thalassaemia Society UK

The U.K. Thalassaemia Society has been in existence for 30 years and has amassed a wealth of experience in Thalassaemia not only in the U.K. but through its network and associations with other countries.

The Society realised early on of the importance of a pain free alternative to Desferrioxamine which could also be afforded by those in less developed Countries. A massive programme of research was undertaken on the Society's behalf and funded directly by it which helped push the problem into the fore of medical inspiration.

The research into a new drug, "Deferiprone", an oral chelator, was funded by the Society outside of the pharmaceutical industry and is now being used in the treatment of thalassaemia.

The Society is now engaged in raising the Health Education of the at risk Asian Communities of the U.K. and has itself launched an extensive Awareness Project spanning three years up to July 2000. This project is designed to arm the Asian Communities of the U.K. with the same knowledge of the disease and prevention that the Mediterranean Communities received in the 1970's and the 1980's.

The UK Thalassaemia Society is also involved in direct Welfare of Patients and provides Counselling services to sufferers and parents alike.

Contact: UK Thalassaemia Society, 19 The Broadway, Southgate Circus London N14 6PH

Telephone: 020 8882 0011

Fax: 020 8882 8618

Email: directly from the website at:

<http://www.ukts.org>

13.262 Thalidomide Society

The Thalidomide Society was formed in 1962 by parents of children with congenital disabilities caused by the drug commonly known as thalidomide. Forty years later, the Society is still supporting its now adult thalidomide-impaired members and their families.

The Society is a user-led organisation and the majority of the Board of Trustees is made up of thalidomide-impaired people.

- What we do
The Thalidomide Society provides assistance and advice enabling its members to meet, exchange information, share experiences, and tackle the practical and emotional problems they encounter on a daily basis.
- One way we do this is by producing a regular newsletter, which is sent to all thalidomide-impaired people
- The Society liaises with the press, government departments, and other organisations to raise awareness of the concerns of thalidomide-impaired people and others with similar disabilities.
- We also monitor and advise on the increasing use of thalidomide for certain diseases and conditions. The Thalidomide Society's view is that thalidomide is a drug of 'last resort'. Its use should be carefully monitored, and the guidelines already in existence should be carefully followed.

Many thalidomide-impaired people are now working and most are living independently or with partners and children. The Society is keen to pass on the practical, social and psychological knowledge and expertise of members to parents of children with similar disabilities and professionals working with similarly impaired young people.

Contact:

info@thalidomidesociety.org

Tel: 020 8464 9048

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

13.263 The Jennifer Trust for Spinal Muscular Atrophy

We offer free confidential information, emotional support, practical advice and guidance to anyone affected by **Spinal Muscular Atrophy** who is living in the UK. We also provide free information and support to health, education and social care professionals.

- We cover the whole of the UK and offer phone, email and web based information and support.
- Our information publications may be downloaded direct from our website or posted.
- Our Outreach workers can visit anyone newly diagnosed. Our volunteers organise social activities and can share their personal experience and understanding of SMA by phone and email.

Contact

Phone: 01789 267520 Support Services

Email: directly from the website at:

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

13.264 Thyroid UK

Thyroid UK is a charitable company working primarily within the United Kingdom. Formed in 1998, we became a company limited by guarantee in 2007 and in 2008 we became a registered charity.

The provision of quality information for people with both diagnosed and undiagnosed thyroid disorders is the primary concern of Thyroid UK, and we work effectively in this field through dialogue with NHS departments, networking with other voluntary organisations, and providing services direct to patients.

Contact: Thyroid UK, 32 Darcy Road, St Osyth, Clacton On Sea
Essex CO16 8QF

Telephone: 01255 820407 (The office is generally, but not always, manned from 10.00am to 2.00pm, Monday to Friday)

Email: directly from the website at:

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

13.265 Tourette Scotland

Tourette Scotland was set up in 1994 for people with Tourette syndrome, their families and those with associated disorders. The charity's main aim is being together and supporting and giving moral support to one another.

- Advice and support for people with Tourette Syndrome and their families
- Bi-annual informal meetings with guest speakers
- Newsletters, advice sheets and leaflets
- Raising of awareness amongst the public and professionals in Scotland
- To bring together people with Tourette Syndrome and associated disorders in order to share information

Other conditions associated with Tourette's syndrome include:

- Obsessive Compulsive Disorder (OCD)

- Attention Deficit Hyperactive Disorder (ADHD)
- Specific Learning Difficulties such as Dyslexia or Dyscalculia
- Developmental Coordination Difficulties such as Dyspraxia
- Sensory Modulation Difficulties
- Autistic Spectrum Disorders

Contact:

HELPLINE: 0300 11 11 462 Mon - Thurs 9am to 8pm

Email: help@tourettescotland.org

(MONDAY - FRIDAY: 9am to 5pm - If you call out with these hours, please leave a message and someone WILL call you back. Alternatively email us at the address below.)

Or

Email: info@tourettescotland.org

Address: Inveralmond Business Centre, Auld Bond Road, Perth PH1 3FX

Website: <http://www.tourettescotland.org>

13.266 Toxic Shock Syndrome

The Toxic Shock Syndrome Information Service (TSSIS) provides both members of the public and medical professionals with factual and balanced information on TSS.

TSS is an illness that will make you feel severely ill very quickly.

You may have heard about TSS from magazines or from friends, but do you know why it is important to be aware of this illness? Would you recognise the symptoms? This website gives you the essential facts about TSS, helping you to understand what TSS is and how it is caused

Contact: For Media and Health Professionals:

Telephone: 01483 418561 (normal office hours)

Fax: 01483 419943

Email: tssiscontact@gmail.com

<http://www.toxicshock.com>

13.267 Tracheo Oesophageal Fistula Support (TOFS)

Support for children born unable to swallow

TOFS is a registered, UK-based charity dedicated to providing emotional support to those born with Tracheo-Oesophageal Fistula, Oesophageal Atresia and associated conditions.

Tracheo-Oesophageal Fistula (TOF) and Oesophageal Atresia (OA) are rare congenital conditions that affect one in every 3,500 babies. Learning that their child has TOF/OA can be an extremely difficult time for parents. From that first moment to sharing the everyday challenges of bringing up a child with TOF/OA, TOFS offers friendship, support and information through:

- one-to-one support from parents and relatives with experience of caring for a child with TOF/OA
- [social events and activities](#)
- [our online community](#)
- [information leaflets and resources](#) on many aspects of TOF/OA

Contact: TOFS

St. George's Centre, 91 Victoria Road, Netherfield, Nottingham NG4 2NN

Telephone: 0115 961 3092

By email: info@tofs.org.uk

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

13.268 Treacher Collins Family Support Group

The syndrome was named after an ophthalmologist called Edward Treacher Collins in 1900. It can also be known by other names such as Berry-Treacher Collins Syndrome, Franceschetti-Klein Syndrome, Franceschetti-Zwahlen Syndrome and Thomson complex. It is a condition that causes facial malformations and severe hearing loss

Contact:

Tel. /Fax. 01603 433736

Address: 114 Vincent Road, Norwich, Norfolk, NR1 4HH

Email: mail@treachercollins.net

<http://www.treachercollins.net>

13.269 Tuberous Sclerosis Association

The Tuberous Sclerosis Association (TSA) was formed in 1977 by a group of parents, affected individuals and doctors interested in promoting greater understanding of the condition and providing mutual support for affected families.

TSC is a genetic condition that can lead to growths in various organs of the body, but those most commonly affected are the brain, eyes, heart, kidney, skin and lungs. These growths may also be referred to as tumours but they are not cancerous. When they cause problems it is mainly because of their size and where they are in the body. TSC growths have different names depending on which organ they are found in.

The impact of TSC varies considerably, with some people being relatively mildly affected (they may not even know they have TSC) and others being more significantly affected. This impact may be evident in the early years, or not until adulthood. Thanks to research findings and with improved medical care, people with TSC can expect to live healthier lives with a normal life expectancy, in most cases.

The TSA has three main areas of activity: Support Services, Research, and Appeals and Publicity.

The TSA is open to anyone affected by Tuberous Sclerosis (TSC) or who has an interest in TSC.

Scotland

Our Specialist Adviser provides information, advice and support on the telephone, by email and through home visits. She can liaise with professionals to ensure that you or your child with TSC is getting the best service.

Contact:

Telephone / email contact to advisors from the website at:

<http://www.tuberous-sclerosis.org>

13.270 Turner Syndrome Support Society

The Turner Syndrome Support Society is a national charity throughout the United Kingdom.

Aims and Objectives

- The Turner Syndrome Support Society offers support, advice and information to women and girls with Turner Syndrome and their families.
- The Society enjoys a good relationship with relevant specialists to promote a good basis for education and management of Turner Syndrome.
- Communication with other support groups, both domestic and international, is important and offers the opportunity for an exchange of ideas to help develop awareness and greater understanding of Turner Syndrome worldwide.
- The society will hold an annual conference and a number of open days every year.

Contact:

Address: Turner Syndrome Support Society (UK), 12 Simpson Court,
11 South Ave, Clydebank Business Park, Clydebank G81 2NR

Email: turner.syndrome@tss.org.uk

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

13.271 UCAN

UCAN - Urological Cancer Charity (Registered Scottish Charity SCO36638)

'Working to make life better for everyone affected by urological cancer in the North of Scotland'.

The four main urological cancers are kidney, prostate, bladder and testicular cancers. They mainly affect men, although women can suffer from kidney and bladder cancers. UCAN provides support through a dedicated care centre, an online forum, a Buddy Network and a patient led support group which meet monthly.

UCAN Care Centre

The UCAN Care Centre is based at Ward 209, Aberdeen Royal Infirmary, Foresterhill, Aberdeen and provides:

- A friendly, welcoming environment for patients and relatives
- Manned by a team of urological nurses
- Opportunities for browsing educational, comprehensive material
- On-line access to accredited websites
- Plasma screens to entertain and show DVDs commissioned by UCAN
- A chance to share with others in a similar position
- A private area for discussion with medical staff and specialist nurses

Please call: 01224 550333 for more information or visit www.ucanhelp.org.uk.

UCAN Online Forum (N.B. Grampian Care Data is not responsible for the content of external forums)

UCAN runs an internet forum for people affected by urological cancers and living in North East Scotland. The forum features general areas that anyone can read and contribute to, and private areas for patients which are only accessible to authorised users. The online forum allows for personal discussions, the sharing of concerns and suggestions, and peer support.

The UCAN Buddy Network

The UCAN Buddy Network allows cancer patients to seek additional support from other patients who have been through a similar treatment experience. The support network allows patients to seek out the answers to questions or just a listening ear out with their family and friends.

UCAN Support Group

A patient led support group for everyone affected by urological cancer. Get togethers take place on the third Tuesday of every month from 6.30pm-8.30pm at CLAN House, Westburn Road, Aberdeen. Please call: 01224 555885 for more details.

Contact

UCAN Office Manager: Gayle Stephen

Email: g.stephen@abdn.ac.uk

Address: UCAN Fundraising Office, Foresterhill Health Centre, Westburn Road, Aberdeen AB25 2AY

www.ucanaberdeen.com

13.272 UK Paruresis Trust (UKPT)

A UK Charity (reg. no. 1109541) dedicated to helping men and women for whom urinating in the presence or vicinity of other people, is difficult or impossible, and dealing with the problems this brings about. The condition is also known by a number of other names including "avoidant paruresis", "shy bladder syndrome" and "pee shyness" or "stage fright". It is sometimes grouped along with other conditions under the term "toilet phobia"

Contact: UKPT

P.O. Box 182, Kendal, Cumbria, LA9 9AE

Email: support@ukpt.org.uk

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

13.273 Unique – Rare Chromosome Disorder Support Group

Unique was founded in the UK in 1984 and supports, informs and networks with families whose children are affected by a rare chromosome or rare single gene disorder associate with developmental delay/intellectual disability and to the professionals who work with them. At October 2017, the group has nearly 16,000 registered member families worldwide, representing over 18,000 affected individuals. Unique is able to link families whose children have similar chromosome/gene disorders, clinical and/or practical problems or who live in the same geographical area. Unique can provide information about specific rare chromosome/single gene disorders to affected families and professionals. Information guides to specific rare chromosome or single gene disorders are free to download from Unique's website where more information can be found about the various services Unique provides and how to register as a member.

Contact:

Email us at info@rarechromo.org or rarechromo@aol.com

Write to us at: Unique - The Rare Chromosome Disorder Support Group
The Stables, Station Road West, Oxted, Surrey, RH8 9EE, UK

Telephone: 01883 723356

<http://www.rarechromo.org>

Registered Charity Number 1110661

13.274 Urostomy Association

The Urostomy Association is a UK registered national charity representing the interests of people with a urinary diversion. As this is not a subject which is openly or readily discussed there is a general lack of information about the condition.

We offer support, reassurance and practical information to anyone who may be about to undergo, or who has already had surgery resulting in a urostomy, continent urinary pouch or a neo-bladder. Appropriate support and information is also offered to families and carers both before and after surgery.

With the help of our National Secretary, volunteers and health professionals, we aim to provide:

- Support and information for people with urinary diversions, their families and their carers
- Email and telephone helpline
- Home visits, where possible, for those who need it
- Comprehensive literature
- A regular four-monthly Journal

Contact:

Address: 2 Tyne Place, Mickleton, Chipping Campden, GL55 6UGTel: 01889 563191

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

13.275 Vitiligo Society

Since 1984, the Society has been the primary source of information and support for people suffering with vitiligo in the UK. Over this 28 year period, the Society has established a strong reputation for its medical expertise and much valued patient support. We are advised by a panel of medical and scientific experts and have extensive understanding of the needs of people with vitiligo. The Society has established a reputation as the number one source for trusted information – both for sufferers and for health professionals – and actively supports research initiatives and funds research projects aimed at establishing the cause of vitiligo and finding safe and effective treatments .

How we help:

We strive to help people to deal positively with their vitiligo by offering information on all aspects of vitiligo via a free information helpline, an interactive website, regular newsletters and events for members. Our aim is to help people cope better with the psychological, social and physical impacts of the condition.

The Society also:

- Campaigns for a better understanding among the medical profession and the general public of how it feels to live with vitiligo. This includes the psychological problems of living with a visibly different condition.
- Gathers and distributes information about the condition.

- Offers information on how to cope with the condition, and promotes a positive approach to living with vitiligo.

Contact Us: The Vitiligo Society
24 Greencoat Place, London SW1P 1RD

Freephone: 0800 018 2631 (Free from UK mobile phones)

Office Hours: Tuesday -Thursday 10:30am-2:30pm

Email: directly from the website at:

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

13.276 VSA Family Support Project

VSA's Family Support Project is a volunteer scheme for lone parents in Aberdeen.

The Family Support Co-coordinator will meet to discuss details of what is wanted in confidence with the family. A volunteer is introduced to the family and if all are agreeable, starter sessions are arranged. Once the match details are agreed, the volunteer spends regular time with the family on a weekly or fortnightly basis. The match may take a few weeks or several months, depending on availability of volunteers and needs of the family. We keep in touch during the waiting time to ensure the family continues to feel supported.

The Project provides trustworthy adults who wish to share some of their time and energy with a family who require additional support. Our service is flexible and matching a volunteer with a family, takes into account:

- Availability (days and times)
- Area of the city
- Preferences, hobbies and interests

All of VSA's volunteers are formally recruited, screened and are subject to appropriate background checks.

For volunteers the project provides:

- Introductory training
- Out of pocket expenses
- Individual and group support
- Opportunity to give time flexibly, fitting in with your own work or study times
- Registration and screening

Contact:

Address: 38 Castle Street Aberdeen Scotland AB11 5YU
Tel: 01221 212021

Email: Anna.Garden@vsa.org
Website: <http://www.vsa.org.uk>

13.277 VSA Maisie Munro Nursery

VSA's Maisie Munro nursery actively integrates children with additional support needs and their mainstream peers. We provide a play based curriculum that builds on the child's previous experiences to promote future learning developments so that children become successful learners, confident individuals, responsible citizens and effective contributors.

Maisie's Children's Centre provides a Day Care Nursery Service for up to 12 babies and younger children and 20 children from three to five years old. The centre was opened as a nursery in 2011 and we have continued to develop our service to provide a resource rich learning environment. We provide places for children with additional support needs as we promote integration, and we feel this is important for all the children as they develop and grow alongside each other. We are based within easy reach of the services and facilities of Aberdeen and have outdoor gardens that are fully utilised.

Email: info.maisies@vsa.org.uk

Tel: 01224 624332

Address: 18 Richmondhill Place, Aberdeen, AB15 5EP

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

13.278 VSA Reconnect – Mental Health Groupwork

The aim is to provide a time limited (20 weeks) service, individually and in groups for adults with mental health problems who feel socially isolated and lonely, to develop social and personal skills, get out and about in the local area and meet new people

Contact: Reconnect Project Coordinator: Stewart McKenzie

VSA 38 Castle Street, Aberdeen AB11 5YU

Tel 01224 388610

Fax 01224 580722

Email: info@vsa.org.uk

<https://www.vsa.org.uk/adult-and-community/mental-wellbeing/reconnect/>

13.279 Williams Syndrome Foundation

The Foundation offers support to parents and children with Williams Syndrome. Regional contacts can:

- Keep in touch with local families
- Visit new contacts

- Organise meetings and fund-raising events

Williams Syndrome is a rare disorder. Like Down's syndrome it is caused by an abnormality in chromosomes, and shows a wide variation in ability from person to person.

People with Williams Syndrome have a unique pattern of emotional, physical and mental strengths and weaknesses. This pattern can be a key to understanding a person with Williams Syndrome and in helping them achieve their full potential.

The Syndrome is non-hereditary, occurs at random and can effect brain development in varying degrees, combined with some physical effects or physical problems. Physical problems range from lack of co-ordination and slight muscle weakness, to possible heart defects and occasional kidney damage. Hypercalcaemia - a high calcium level - is often discovered in infancy, and normal development is generally delayed.

Contact: www.williams-syndrome.org.uk

Phone: [0208 567 1374](tel:02085671374)

Suite 2367

[145-147 Boston Road](#)

[Ealing](#)

[London W7 3SA](#)

13.280 Wilson's Disease Support Group- UK (WDSG-UK)

The Wilson's Disease Support Group – UK (WDSG-UK) is an all-volunteer organisation which supports Wilson's disease patients, their families and friends wherever they live in the UK. It produces an annual newsletter which includes medical articles and patients' personal accounts of their illness. It holds an annual meeting in the summer which is open to all. WDSG-UK also runs an active Facebook Group, which can be accessed through their website www.wilsonsddisease.org.uk and which is open to patients across the globe. It works closely with Public Health England, the British Liver Trust and Genetic Alliance - UK and has strong ties with Wilson's disease specialists throughout the United Kingdom. Through its Patient Register, the Wilson's Disease Support Group - UK encourages research into all aspects of the disease.

Main Contact:

Mrs Valerie Wheeler

email: val@wilsonsddisease.org.uk

<http://www.wilsonsddisease.org.uk/WDSG-P0.asp>

13.281 Wolf Hirschhorn Syndrome Trust

Welcome to the official site of the Wolf Hirschhorn Syndrome Trust for the UK and Ireland.

The Trust achieved charitable status in 1994 however the original support group was founded in 1978 by the late Chris Hilder who wanted to ensure families caring for someone with WHS could access information - both medical and practical. The primary aims of the Trust remain the same as Chris' and over the years the group has grown and made important links with doctors and other families all over the world.

A national meeting is held once every two years and a newsletter is sent to members quarterly.

Contact:

Telephone 0845 603 5338

Email: [directly from the website at:](#)

<http://www.whs4pminus.co.uk>

13.282 Worster Drought Syndrome Support Group

This condition is a form of cerebral palsy. The main problems occur with the mouth, tongue and swallowing muscles as a result of the bulbar muscles being affected. There are usually no obvious causes in the pregnancy or birth but some varieties are genetically determined. Because of the range of problems the diagnosis is often made quite late.

Aims of the Group:

- To offer support to other families affected by Worster-Drought Syndrome.
- To raise awareness of Worster-Drought Syndrome with professional workers and other interested individuals.
- To raise awareness of Worster-Drought Syndrome Support Group.
- Support and promotion of any research into Worster-Drought Syndrome

Contact through the website:

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

13.283 Xeroderma pigmentosum

Xeroderma Pigmentosum (XP) is a rare genetic disorder that causes extreme sensitivity to the sun's ultraviolet rays. Unless patients with XP are protected from sunlight, their skin and eyes may be severely damaged. This damage may lead to cancers of the skin and eye. XP has been identified in people of every genetic group all over the world. There are about 100 cases in the UK, many of which are undiagnosed

The XP Support Group is a UK charitable Trust founded in 1999 by parents of a child with XP. It aims to relieve the needs of persons with Xeroderma Pigmentosum and other related conditions and their families. The Group raises funds for research, gives grants for UV protective equipment and products, assist families to attend night time camps in the UK, USA, France & Germany or respite in a protective environment. The group also helps families to attend the Nationally Commissioned XP Specialist Clinic at St Thomas' Hospital in London.

Contact: XP Support Group, Instron House, Coronation Road,

High Wycombe Bucks, HP12 3SY
 UK Answer Machine: 01494 456192
 Email: info@xpsupportgroup.org.uk

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

13.284 Young Carers

About 2,240 children in Aberdeen, some as young as five, look after another family member and assume a level of responsibility usually associated with an adult.

The person receiving care is often a parent but could be a sibling, grandparent, another relative, friend or neighbour who is disabled, has a chronic illness, a mental health problem or other condition that means they need care, support or supervision. But, for young carers, this means school work can be a struggle and social difficulties can lead to behavioural and emotional issues. VSA's Young Carers' Service provides direct physical, social, emotional and educative support.

VSA provides a safe and supported environment where young carers aged five to 18 can just be a child. Here, they can do what others may take for granted: play, do homework, read a book and, most importantly, socialise with children in a similar situation.

Contact

Tel: 01224 212021

Email: info@vsa.org.uk

Address: 38 Castle Street, Aberdeen, AB11 5YU

<https://www.vsa.org.uk/carers-and-support-people/young-carers-aberdeen-city/>

13.285 Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice

We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

- *We empower children and young people* - Children and young people with mental health problems are at the heart of everything we do. Their voices are central in all our lobbying and influencing work. Our [VIK \(Very Important Kids\)](#) share their own experiences with professionals and policy makers at a national and local level to improve mental health services and outcomes for all children and young people.
- *We support parents and carers* - Helping parents and carers to understand their child's behaviour and enabling them to secure the right professional help for their children is crucial. Our [free Parents' Helpline](#) is a lifeline to thousands of parents and carers each year who are worried about the emotional problems or behaviour of a child or young person. The telephone service is supported by a specialist call-back service, email and online support.
- *We train and support professionals* - Young Minds provides expert [training, resources and consultancy](#) to anyone who works with children and young people. Our training gives them the knowledge and confidence they need to promote better mental health and wellbeing, and to identify and help children who are struggling.
- *Our specialist projects include* - [Young Minds in Schools](#), a project which aims to support educational professionals' understanding of the link between emotional wellbeing and learning
- [Moving on](#), focusing on the mental health needs of looked after children and young people facing transition
- [Better Outcomes, New Delivery \(BOND\)](#), which aims to increase the number of voluntary sector organisations winning contracts for early intervention services.
- *We make mental health information accessible* - We produce an essential range of [easy-to-read publications](#) about children and young people's mental health and wellbeing; thousands are sold each year. We also provide a vital source of trustworthy online information for young people and parents, where they can share their experiences and support each other.
- [Young Minds Magazine](#) provides mental health and children's professionals with the latest news, features, research, practice and opinions affecting children and young people's mental health and wellbeing.
- *We change attitudes and policies* - Young Minds has a twenty-year track record of highly successful campaigning and in raising awareness to improve young people's mental health and wellbeing. All our work is evidence-based and our policy, research and campaigns influence local, regional and national services

Contact:

For general enquiries: ymentquiries@youngminds.org.uk

General enquiries: 020 7089 5050

Address: Suite 11, Baden Place, Crosby Row, London, SE1 1YW

The Young Minds Parents' Helpline offers free confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

Parents Helpline: Tel: **0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).

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

14 SOCIAL AND LEISURE OPPORTUNITIES

Activities

14.1 Aberdeenshire Council

- [1296 \(Turriff\) Squadron Air Cadets](#)
 - [1297 \(Stonehaven\) Squadron - Air Training Corps](#)
 - [1990 \(Ellon\) Squadron Air Training Corps](#)
 - [1st & 2nd Huntly Brownies](#)
 - [1st & 2nd Huntly Guides](#)
 - [1st & 2nd Huntly Rainbows](#)
 - [1st Aberchirder Brownies](#)
 - [1st Aberchirder Guides](#)
 - [1st Aberchirder Rainbow Unit](#)
 - [1st Aboyne Beavers](#)
 - [1st Aboyne Brownies](#)
 - [1st Aboyne Cubs](#)
 - [1st Aboyne Guides](#)
 - [1st Aboyne Scouts](#)
 - [1st Alford Brownies](#)
 - [1st Alford Girl Guides](#)
 - [1st Alford Rainbows](#)
 - [1st Ballater Brownies & Rainbows](#)
 - [1st Banchory Scouts](#)
 - [1st Banff Brownies](#)
 - [1st Banff Rainbows](#)
 - [1st Ellon Boys Brigade](#)
 - [1st Ellon Girls Brigade](#)
 - [1st Ellon Scout Group](#)
 - [1st Fraserburgh Anchor Boys \(Boys Brigade\)](#)
 - [1st Fyvie Scout Group](#)
 - [1st Inch Brownies](#)
 - [1st Inch Girl Guides](#)
 - [1st Inch Scout Group](#)
 - [1st Inverurie Brownies](#)
 - [1st Inverurie Guides](#)
 - [1st Kemnay Beaver Scouts](#)
 - [1st Kemnay Brownies](#)
 - [1st Kemnay Cub Scouts](#)
 - [1st Kemnay Rainbows](#)
 - [1st Kemnay Scout Group](#)
 - [1st Kinellar Brownies](#)
 - [1st Kinellar Scout Group](#)
 - [1st Kintore Girls Brigade](#)
 - [1st Kintore Guides](#)
 - [1st Longside Girls Brigade](#)
 - [1st Macduff Beaver Scouts](#)
 - [1st Macduff Brownies](#)
 - [1st Macduff Cub Scouts](#)
 - [1st Macduff Guides](#)
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- [1st Macduff Rainbows](#)
 - [1st Maud Guides](#)
 - [1st Methlick Brownies](#)
 - [1st Methlick Guides / 1st Methlick Senior Section](#)
 - [1st Methlick Rainbows](#)
 - [1st New Deer Rainbows](#)
 - [1st Newburgh Guides](#)
 - [1st Newtonhill Boys Brigade](#)
 - [1st Newtonhill Girls Brigade](#)
 - [1st Peterhead Girls Brigade](#)
 - [1st Portlethen Boys Brigade](#)
 - [1st Rhynie Brownies](#)
 - [1st Rhynie Rainbows](#)
 - [1st Skene Boys Brigade](#)
 - [1st Skene Girls Brigade](#)
 - [1st Stop Parent and Toddler Group](#)
 - [1st Strathdon Brownies](#)
 - [1st Stuartfield Brownies](#)
 - [1st Torphins Rainbows](#)
 - [1st Torphins Scout Group](#)
 - [1st Torrisoule Rangers](#)
 - [1st Turriff Scout Group](#)
 - [1st Udney Green Boys Brigade](#)
 - [1st Whitehills Brownies](#)
 - [2367 \(Banchory\) Squadron - Air Training Corps](#)
 - [2nd Aboyne Brownies](#)
 - [2nd Alford Brownies](#)
 - [2nd Battalion The Highlanders Army Cadet Force](#)
 - [2nd Fraserburgh Girls Brigade](#)
 - [2nd Inverurie Rainbows](#)
 - [2nd Macduff Rainbows](#)
 - [2nd Newmachar Guides](#)
 - [2nd Oldmeldrum Brownies](#)
 - [2nd Oldmeldrum Guides](#)
 - [2nd Oldmeldrum Rainbows](#)
 - [2nd Torphins Brownies](#)
 - [3rd & 3rdA Fraserburgh Rainbow Unit](#)
 - [3rd Belhelvie Brownies](#)
 - [3rd Inverurie Brownies](#)
 - [3rd Inverurie Rainbows](#)
 - [3rd Kintore Brownies](#)
 - [3rd Macduff Brownies](#)
 - [3rd Oldmeldrum Brownies](#)
 - [4th Fraserburgh Boys Brigade](#)
 - [4th Inverurie Rainbows](#)
 - [4th Kintore Rainbows](#)
 - [5th Inverurie Brownies](#)
 - [875 \(Westhill\) Squadron - Air Training Corps](#)
 - [Aberchirder & District Community Association](#)
 - [Aberchirder Playgroup & Toddlers](#)
 - [Aberdeen Aeromodellers Model Flying Club](#)
 - [Aberdeen Northern Bowling Club](#)
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- [Aberdeen Philatelic Society](#)
 - [Aberdeens Unofficial Friendship Group](#)
 - [Aberdeenshire Blackbelt Clubs](#)
 - [Aberdeenshire Environmental Forum](#)
 - [Aberdeenshire Sailing Trust](#)
 - [Aboyne & District Ladies Probus Club](#)
 - [Aboyne & District Probus Club](#)
 - [Aboyne Badminton Club](#)
 - [Aboyne Bowling Club](#)
 - [Aboyne Canoe Club](#)
 - [Aboyne Craft Club](#)
 - [Aboyne Gardening Club](#)
 - [Aboyne Golf Club](#)
 - [Aboyne Judo Club](#)
 - [Aboyne Library Book Group](#)
 - [Aboyne Loch Golf Centre](#)
 - [Aboyne Mother & Toddler Group](#)
 - [Aboyne Scottish Country Dance Club](#)
 - [Aboyne Sub Aqua Club](#)
 - [Aboyne Tennis Club](#)
 - [Aboyne Twinning Association](#)
 - [ABSAFE Neighbourhood Watch](#)
 - [Aikido Ten Shin Kan](#)
 - [Air Training Corps Fraserburgh](#)
 - [Alba Mix](#)
 - [Albacapella](#)
 - [Alford & District Garden Club](#)
 - [Alford 50+ Indoor Bowling Club](#)
 - [Alford Badminton Club](#)
 - [Alford Basketball Club](#)
 - [Alford Football Club](#)
 - [Alford Golf Club](#)
 - [Alford Local History Group](#)
 - [Alford Otters Swimming Club](#)
 - [Alford Playgroup](#)
 - [Alford Ramblers](#)
 - [Alford SWRI](#)
 - [Alford Tai Chi](#)
 - [Alvah WRI](#)
 - [Annette Cameron School of Dance](#)
 - [Ardallie SWRI](#)
 - [Ardmiddle WRI](#)
 - [Arlene Penny School of Dancing](#)
 - [Auchenblae Friendship Club](#)
 - [Auchenblae Heritage Society](#)
 - [Auchenblae Parks Committee](#)
 - [Auchterellon Girls/Boys Football Club](#)
 - [Auchterless Pre School Playgroup](#)
 - [BA Vintage Working Weekend Ltd](#)
 - [Bailies of Bennachie](#)
 - [Ballater & District Pipe Band](#)
 - [Ballater & District Probus Club](#)
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- [Ballater Angling Association](#)
 - [Ballater Boules Challenge](#)
 - [Ballater Bowling Club](#)
 - [Ballater Evergreens](#)
 - [Ballater Golf Club](#)
 - [Ballater Halls Indoor Bowling Club](#)
 - [Ballater Old Time Dancing](#)
 - [Ballater Royal Horticultural Society](#)
 - [Ballater SWRI](#)
 - [Ballroom and Latin with Levena](#)
 - [Balmedie Cubs](#)
 - [Balmedie Friendship Club](#)
 - [Balmedie Gymnastics](#)
 - [Balmedie Indoor Bowling Club](#)
 - [Balmedie Kindergym](#)
 - [Balmedie Nursery Class 3 - Potterton Annexe](#)
 - [Banchory & District Round Table](#)
 - [Banchory Basketball Club](#)
 - [Banchory Beavers Amateur Swimming Club](#)
 - [Banchory Boys Football Club](#)
 - [Banchory Community Badminton Club](#)
 - [Banchory Community Bridge Club](#)
 - [Banchory Cricket Club](#)
 - [Banchory Curling Club](#)
 - [Banchory Day Centre](#)
 - [Banchory Duke of Edinburgh Award Group](#)
 - [Banchory Golf Club](#)
 - [Banchory Golf Club - Bridge Section](#)
 - [Banchory Horticultural Society](#)
 - [Banchory Kindergym](#)
 - [Banchory Lawn Tennis Club](#)
 - [Banchory Lions Club](#)
 - [Banchory Paths Association](#)
 - [Banchory Running Club](#)
 - [Banchory Scottish Country Dancing Club](#)
 - [Banchory Show](#)
 - [Banchory Sports Centre and Swimming Pool](#)
 - [Banchory St Ternan Football Club](#)
 - [Banchory Stonehaven Athletic Club](#)
 - [Banchory Table Tennis Club](#)
 - [Banchory Ternan Probus Club](#)
 - [Banchory Trampoline Club](#)
 - [Banchory Volleyball Club](#)
 - [Banchory Walking to Health Group](#)
 - [Banchory West Badminton Club](#)
 - [Banchory-Ternan West Parish Church Guild](#)
 - [Banff & District Ladies Club](#)
 - [Banff & District Round Table](#)
 - [Banff & Macduff & District Rifle Club](#)
 - [Banff Art Club](#)
 - [Banff Burgh Badminton Club](#)
 - [Banff Hill Walking Group](#)
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- [Banff Preservation & Heritage Society](#)
 - [Banff Rugby Club](#)
 - [Banffshire Field Club](#)
 - [Barra Cub Pack](#)
 - [Belhelvie SWI](#)
 - [Bennachie Art & Crafts Appreciation Society](#)
 - [Bennachie Singers of Inch](#)
 - [Bervie Bowling Club](#)
 - [Bervie Out of School Team - BOOST](#)
 - [Better Balmedie](#)
 - [Birse Community Trust](#)
 - [Blackburn Bowling Club](#)
 - [Blackburn Seishin - Kai Karate Club](#)
 - [Blackhills & District SWRI](#)
 - [Blaeberries Traditional Music Group](#)
 - [Bloo Toon Ramblers](#)
 - [Bodywise Fitness Pilates](#)
 - [Bogbrae SWRI](#)
 - [Bon Accord Steam Engine Club Ltd](#)
 - [BOOTS Hillwalking Club](#)
 - [Bourtree Pre School](#)
 - [Braemar 3rd Age Lunch Club](#)
 - [Braemar Gathering](#)
 - [Braemar Scout Group](#)
 - [Braemar SWRI](#)
 - [Bridge of Don Sea Cadets](#)
 - [Broadsea Art Club](#)
 - [Broch Archery Club](#)
 - [Buchan Aeromodellers](#)
 - [Buchan Countryside Group](#)
 - [Buchan Girls & Ladies Football Club](#)
 - [Buchan Heritage Society](#)
 - [Buchanness Radio Yacht Club](#)
 - [Busy Bees Playgroup](#)
 - [Buzzin Bs](#)
 - [Cairngorm Club](#)
 - [Campfield & Glassel WRI](#)
 - [Castlepark Community House](#)
 - [Catterline Toddlers](#)
 - [Chalmers Mackay Music School](#)
 - [City of Roses Chorus](#)
 - [CKDBBA\(Scotland\), Choi Kwang Do Black Belt Academy](#)
 - [Clever K9 Dog Training](#)
 - [Coast Festival](#)
 - [Col Hugh Frasers Regiment of Dragoones](#)
 - [Collieston & District Under 5s Group](#)
 - [Collieston & Slains WRI](#)
 - [Collieston Boules Club](#)
 - [Cookney Bowling Club](#)
 - [Cornhill Horticultural Association](#)
 - [Cowie Ladies Netball Club](#)
 - [Craigievar Film Club](#)
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- [Crathie Bowling Club](#)
 - [Crimond SWRI](#)
 - [Cromar & District Horticultural Society](#)
 - [Cromar History Group](#)
 - [Cromar Upper Dee Donside Agricultural Association](#)
 - [Cruden Bay Bowling Club](#)
 - [Cruden Bay Golf Club](#)
 - [Cruden Bay Over 50s Group](#)
 - [Cruden Bay Tennis Club](#)
 - [Cruden Bay Toddler Group](#)
 - [Crudie SWRI](#)
 - [CTC Grampian](#)
 - [Culsalmond Community Club](#)
 - [Culsalmond WRI](#)
 - [Culter Hillwalking Club](#)
 - [Cuminestown Art Group](#)
 - [Cuminestown Indoor Bowling Club](#)
 - [Cushnie Handbell Ringers](#)
 - [Cushnie Tough Guild](#)
 - [D. Art](#)
 - [Daviot Mother and Toddler Group](#)
 - [Daviot Playgroup](#)
 - [Daviot SWRI](#)
 - [Deeside Aikido Club](#)
 - [Deeside Camera Club](#)
 - [Deeside Dance Centre](#)
 - [Deeside Gliding Club](#)
 - [Deeside Heritage Society](#)
 - [Deeside Hillwalking Club](#)
 - [Deeside Indoor Sporting Club](#)
 - [Deeside Musical Society](#)
 - [Deeside Thistle Cycling Club](#)
 - [Deeside Writers](#)
 - [Deeside Youth Musical Theatre](#)
 - [Deveron Arts](#)
 - [Deveron Badminton Club](#)
 - [Deveron Camera Club](#)
 - [Deveron Canoe Club](#)
 - [Deveron Cycling Club](#)
 - [Deveron Gymnastics Club](#)
 - [Deveron Music](#)
 - [Deveron Runners](#)
 - [Deveron Singers](#)
 - [Deveron Valley Amateur Boxing Club](#)
 - [Donside Camera Club](#)
 - [Donside Canoe Club](#)
 - [Donside Tai Chi Group](#)
 - [Doric Bowmen](#)
 - [Dru Yoga](#)
 - [Drumblade SWRI](#)
 - [Drumoak Durris Crathes Bowling Club](#)
 - [Duff House Royal Golf Club](#)
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- [Dunecht Under Fives](#)
 - [Dunnottar Quoiting Club](#)
 - [Dunnottar Woods Committee](#)
 - [Durris Smallbore Rifle Club](#)
 - [Durris WRI](#)
 - [Dyce Amateur Swimming Club](#)
 - [Echt & Dunecht Friendship Club](#)
 - [Ellon & District Art Group](#)
 - [Ellon & District Dog Care & Obedience Class](#)
 - [Ellon & District Ladies Circle](#)
 - [Ellon & District Royal British Legion Pipe Band](#)
 - [Ellon Air Cadets](#)
 - [Ellon Amateur Athletics Club](#)
 - [Ellon and District Gardening Club](#)
 - [Ellon Bowling Bridge Club](#)
 - [Ellon Bowling Club](#)
 - [Ellon Forum](#)
 - [Ellon Forum Flower Group](#)
 - [Ellon Gordon Cricket Club](#)
 - [Ellon Hillwalking Club](#)
 - [Ellon Knit and Natter](#)
 - [Ellon Ladies Who Craft](#)
 - [Ellon Meadows Football Club](#)
 - [Ellon Over 60s Wednesday Club](#)
 - [Ellon Photographic Group](#)
 - [Ellon Ramblers](#)
 - [Ellon Rugby Football Club](#)
 - [Ellon Small Bore Rifle Club](#)
 - [Ellon Sub Aqua Club](#)
 - [Ellon Tennis Club](#)
 - [Ellon United Football Club](#)
 - [Ellon Young Peoples Project](#)
 - [Esslemont Bowling Club](#)
 - [Esslemont SWRI](#)
 - [Evolution Dance School](#)
 - [Fetterangus Senior Citizens Club](#)
 - [Fetternear SWI](#)
 - [Findon Riding Club](#)
 - [Fintray Indoor Bowling Club](#)
 - [Fintray Toddler Group](#)
 - [Fintry SWRI](#)
 - [Finzean SWRI](#)
 - [Fishermens Mission Fraserburgh Ladies Guild](#)
 - [Fit Heart Ellon \(Exercise Class\)](#)
 - [Fleet Feet Triathletes](#)
 - [Flower Arranging Group](#)
 - [Focus Craft Group](#)
 - [Folk at the Salmon Bothy](#)
 - [Footstars](#)
 - [Fordyce Parish Church Guild](#)
 - [Fordyce SWRI](#)
 - [Formartine United Football Club](#)
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- [Fraserburgh & District Horticultural Society](#)
 - [Fraserburgh & District Mens Probus Club](#)
 - [Fraserburgh Angling Club](#)
 - [Fraserburgh Army Cadet Force](#)
 - [Fraserburgh Disabled Club](#)
 - [Fraserburgh Fitness Center](#)
 - [Fraserburgh Golf Club](#)
 - [Fraserburgh Heritage Society](#)
 - [Fraserburgh Hillwalking Club](#)
 - [Fraserburgh Junior Arts Society](#)
 - [Fraserburgh Ladies Probus Club](#)
 - [Fraserburgh Photographic Society](#)
 - [Fraserburgh Running Club](#)
 - [Fraserburgh Scottish Country Dance Club](#)
 - [Fraserburgh Visual Arts Group](#)
 - [Fraserburgh West End Bowling Club](#)
 - [Friends of Old Tullynessle Kirk](#)
 - [Friends of Scottish Opera \(Grampian branch\)](#)
 - [Friends of the Stonehaven Open Air Swimming Pool](#)
 - [Friends of Westbank](#)
 - [Friskis and Svettis Aberdeen](#)
 - [Fyvie & District WRI](#)
 - [Fyvie Angling Association](#)
 - [Fyvie Bridge Club](#)
 - [Fyvie Folk Club](#)
 - [Fyvie Indoor Bowling Club](#)
 - [Fyvie Pre School Playgroup](#)
 - [Gardening4Kids](#)
 - [Garioch 50+ Ramblers](#)
 - [Garioch Art Group](#)
 - [Garioch Gymnastics Club](#)
 - [Garioch Heritage Society](#)
 - [Garioch Indoor Bowling Centre](#)
 - [Garioch Probus Club](#)
 - [Garioch Quilters](#)
 - [Garioch Rugby Club](#)
 - [Garioch Sports Centre](#)
 - [Garlogie Indoor Bowling Club](#)
 - [Gartly Toddlers Group](#)
 - [Girlguiding - Banchory](#)
 - [Girlguiding - Banff & Buchan](#)
 - [Girlguiding - Bennachie](#)
 - [Girlguiding - Ellon District](#)
 - [Girlguiding - Inverurie](#)
 - [Girlguiding - Lower Deeside](#)
 - [Girlguiding - Mintlaw Area](#)
 - [Girlguiding - Monecht District](#)
 - [Girlguiding - Stonehaven](#)
 - [Girlguiding - Strathford District](#)
 - [Girlguiding - Turriff](#)
 - [Glass SWRI](#)
 - [Glenbervie & District Community Association](#)
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- [Glenbervie & Howe of the Mearns Ploughing Assoc.](#)
 - [Glenbervie Amateur Hortus Club](#)
 - [Glenkindie Bridge Club](#)
 - [GlenYthan Badminton Club](#)
 - [Good Morning Group](#)
 - [Gordon Advanced Motorists](#)
 - [Gordon District Scout Network](#)
 - [Gordon Trefoil Guild](#)
 - [Grampian Decorative and Fine Arts Society](#)
 - [Grampian Goat Club](#)
 - [Grampian Hillwalking Club](#)
 - [Grampian Motorcycle Club](#)
 - [Grampian Orienteers](#)
 - [Grampian Wood Turners](#)
 - [Grampian Yoga Association](#)
 - [Great River School of Tai Chi](#)
 - [Guiding - Kintore](#)
 - [Haddo House Curling Club](#)
 - [Harlaw Bowling Club](#)
 - [Harlaw Cub Pack](#)
 - [Hatton Area Residents Association](#)
 - [Hatton Baby and Toddler Group](#)
 - [Hatton of Fintray SWRI](#)
 - [Howe O the Mearns Heritage Club](#)
 - [Howe Trinity Scottish Country Dancing Group](#)
 - [Huntly Angling Association](#)
 - [Huntly Nordic Ski Club](#)
 - [Huntly Rugby Football Club](#)
 - [Huntly Youth Football Club](#)
 - [Independent Taekwon-do Schools](#)
 - [Inner Wheel Club of Ellon](#)
 - [Insch Amateur Boxing Club](#)
 - [Insch Golf Club](#)
 - [Inverkeithny SWRI](#)
 - [Inverurie & District Flower Arrangement Society](#)
 - [Inverurie & District Model Flying Club](#)
 - [Inverurie and District Mens Shed](#)
 - [Inverurie and District Round Table](#)
 - [Inverurie Angling Association](#)
 - [Inverurie Bowling Club](#)
 - [Inverurie Choral Society](#)
 - [Inverurie Cricket Club](#)
 - [Inverurie Golf Club](#)
 - [Inverurie Hockey Club](#)
 - [Inverurie Indoor Bowling Club](#)
 - [Inverurie Loco Works Football Club](#)
 - [Inverurie Merlin Scout Troop](#)
 - [Inverurie Old Age Pensioners Association](#)
 - [Inverurie Out of School Club](#)
 - [Inverurie Pipe Band Association](#)
 - [Inverurie Speakers Club](#)
 - [Inverurie Wind Band](#)
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- [JCI Aberdeen](#)
 - [Jenny Bruce Tae Kwon-do Club](#)
 - [Jessiman Dance School](#)
 - [Jogscotland Turriff](#)
 - [Jorukai Freestyle Karate Club](#)
 - [Junior Jim Club](#)
 - [Keig Community Hall User Group](#)
 - [Keithhall Claikers](#)
 - [Keithhall Indoor Bowling Club](#)
 - [Keithhall SWRI](#)
 - [Kemnay Bowling Club](#)
 - [Kemnay Golf Club](#)
 - [Kemnay Kestrels Walking Group](#)
 - [Kemnay SWRI](#)
 - [Kemnay Tennis Club](#)
 - [Kemnay Youth Amateur Football Club](#)
 - [Kennethmont Badminton Club](#)
 - [Kennethmont Toddlers](#)
 - [Keyhead Squash Club](#)
 - [Kiddiwinks of Kemnay](#)
 - [KidzAct](#)
 - [Kildrummy SWRI](#)
 - [Kildrummy Veteran & Vintage Vehicle Club \(KVVVC\)](#)
 - [Kincardine O Neil Bowling Club](#)
 - [Kincardine O Neil Under 5s](#)
 - [Kincardineshire District Scout Council](#)
 - [Kinellar Stars Play Group and 2s Group](#)
 - [Kinmuck Book Club](#)
 - [Kinneff Tug Of War Team](#)
 - [Kinneff Young Farmers](#)
 - [Kintore Bowling Club](#)
 - [Kintore Golf Club](#)
 - [Kintore Lunch Club](#)
 - [Kintore Pipe Band](#)
 - [Kintore Seniors Outdoor Group](#)
 - [Kintore Wanderers Walking Group](#)
 - [Kirkton of Skene Playgroup](#)
 - [L & Q Junior Indoor Bowling Club](#)
 - [Ladyleys Equestrian Centre](#)
 - [Lauren Kate School of Dance](#)
 - [Laurencekirk & District Inner Wheel](#)
 - [Laurencekirk Pre-school Group](#)
 - [Laurencekirk Scout Group](#)
 - [Laurencekirk Senior Citizens Club](#)
 - [Lawrence Dance Academy](#)
 - [League of Hospital Friends](#)
 - [Legion Scotland - Ballater Branch](#)
 - [Leslie Beaver Colony](#)
 - [Little Nippers - Johnshaven Parent & Toddler Group](#)
 - [Logie Durno Mums and Little Uns](#)
 - [Logie Durno SWRI](#)
 - [Longhaven District Hall Association](#)
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- [Longhaven Indoor Bowling Club](#)
 - [Longside Bowling Club](#)
 - [Longside SWRI](#)
 - [Longside Tennis Club](#)
 - [Lumphanan Golf Club](#)
 - [Lumphanan Heritage Society](#)
 - [Lumphanan Rainbows](#)
 - [Lumphanan Whist Club](#)
 - [Macduff Ranger Guides](#)
 - [Macduff Strathspey & Reel Society](#)
 - [Mar Orienteering Club \(Maroc\)](#)
 - [Marlene Lowe School of Dance](#)
 - [Maryculter Scout Group](#)
 - [Maryculter WRI](#)
 - [Maud Parent, Baby & Toddler Group](#)
 - [Maud Playgroup](#)
 - [Maud SWRI](#)
 - [McDonald Golf Club](#)
 - [Mearns Camera Club](#)
 - [Mearns Pre-School Playgroup](#)
 - [Meldrum & Bourtie Heritage Society](#)
 - [Meldrum & Bourtie Parish Church Guild](#)
 - [Meldrum Badminton Group](#)
 - [Meldrum Ramblers](#)
 - [Meldrum Writers](#)
 - [Methlick Badminton Club](#)
 - [Methlick Cricket Club](#)
 - [Methlick Friendship Club](#)
 - [Methlick Garden Club](#)
 - [Methlick Heritage Society](#)
 - [Methlick Outdoor Bowling Club](#)
 - [Methlick Scout Group](#)
 - [Midmar Indoor Bowling Club](#)
 - [Midmar SWRI](#)
 - [Millbank Over 50 Outdoor Group](#)
 - [Mintlaw 50+ Ramblers](#)
 - [Mintlaw 50+ Walking Group](#)
 - [Mintlaw Senior Citizens club](#)
 - [Mintlaw SWRI](#)
 - [Mitchell School of Drama](#)
 - [Modo](#)
 - [Monquhitter Indoor Bowling Club](#)
 - [Monquhitter Toddlers](#)
 - [Monymusk Arts Trust](#)
 - [Monymusk SWRI](#)
 - [Musical Steps](#)
 - [National Osteoporosis Society Support Group](#)
 - [National Womens Register - Banchory and Deeside](#)
 - [New Deer Agricultural Association](#)
 - [New Deer Friendship Club](#)
 - [New Deer SWRI](#)
 - [New Pitsligo Lace Club](#)
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- [Newburgh Mathers School Netball Club](#)
 - [Newburgh on Ythan Golf Club](#)
 - [Newburgh Thursday Badminton Club](#)
 - [Newmachar Bowling Club](#)
 - [Newmachar Church Guild](#)
 - [Newmachar Garden Club](#)
 - [Newmachar Golf Club](#)
 - [Newmachar Indoor Bowling Club](#)
 - [Newmachar Ramblers](#)
 - [Newmachar SWI](#)
 - [Newmachar Wives Group](#)
 - [Newtonhill & District Bowling Club](#)
 - [Newtonhill Netball Club](#)
 - [North East Scotland Classical Guitar Society](#)
 - [Oldmeldrum Bowling Club](#)
 - [Oldmeldrum Golf Club](#)
 - [Oldmeldrum Wargames Group](#)
 - [Oldmeldrum WRI](#)
 - [Over 50s Club](#)
 - [Peterhead & District Round Table](#)
 - [Peterhead & District Floral Art Club](#)
 - [Peterhead Amateur Swimming Club](#)
 - [Peterhead Athletics Club](#)
 - [Peterhead Bowling Club](#)
 - [Peterhead Camera Club](#)
 - [Peterhead Chess club](#)
 - [Peterhead Choral Society](#)
 - [Peterhead Informal Art Group](#)
 - [Peterhead Old Parish Church Guild](#)
 - [Peterhead Sailing Club & Sailing School](#)
 - [Peterhead Scottish Country Dance Club](#)
 - [Peterhead Tennis Club](#)
 - [Petroleum Womens Club of Scotland](#)
 - [Pitmedden Bowling Club](#)
 - [Pitmedden Playgroup & 2s Group](#)
 - [Pitmedden Rainbows](#)
 - [Pony Club - Bennachie Branch](#)
 - [Pony Club - Deveron Branch](#)
 - [Port Elphinstone SWRI](#)
 - [Port Elphinstone Toddlers](#)
 - [Portlethen & District Bowling Club](#)
 - [Portlethen & District Mens Shed](#)
 - [Portlethen & District Pipe Band](#)
 - [Portlethen 2s Group](#)
 - [Portlethen Library Book Group](#)
 - [Portlethen Library Friendship Club](#)
 - [Portlethen Library Newspaper Group](#)
 - [Portlethen Penguins Swimming and Lifesaving Club](#)
 - [Portlethen Rainbow Creche](#)
 - [Portlethen Tennis Club](#)
 - [Portsoy Bowling Club](#)
 - [Positive Paws Puppy School](#)
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- [Power House Kids Club](#)
 - [Puds & Patch Quilt Group](#)
 - [Pyjama Drama](#)
 - [Raemoir WRI](#)
 - [Ramblers Association Inverurie Branch](#)
 - [Rhynie SWRI](#)
 - [Riding For The Disabled - Aberdeenshire](#)
 - [Riding For The Disabled - Gordon Group](#)
 - [Riding For The Disabled - Strathbogie Group](#)
 - [Rosaline Hendry-School of Highland Dancing](#)
 - [Rosehearty Brownies](#)
 - [Rosehearty Burns Club](#)
 - [Rotary Club of Aboyne & Upper Deeside](#)
 - [Rotary Club of Alford & District](#)
 - [Rotary Club of Banchory Ternan](#)
 - [Rotary Club of Ellon](#)
 - [Rotary Club of Fraserburgh](#)
 - [Rotary Club of Huntly](#)
 - [Rotary Club of Inverurie](#)
 - [Rotary Club of Peterhead](#)
 - [Rotary Club of Portlethen & District](#)
 - [Rothiemay SWI](#)
 - [Rothienorman Community Bowling Club](#)
 - [Rothienorman Friendship Club](#)
 - [Rothienorman SWRI](#)
 - [Royal Air Forces Association - Peterhead Branch](#)
 - [Royal Deeside 41 Club](#)
 - [Royal Tarlair Golf Club](#)
 - [RSPB Wildlife Explorers - Kemnay Group](#)
 - [Saltire Tae Kwon-do Schools](#)
 - [Satorishido Martial Arts Association](#)
 - [Saving Scotlands Red Squirrels](#)
 - [Scottish Accordion Music Group](#)
 - [Scottish Ornithologists Club \(North East Branch\)](#)
 - [Scottish Sub Aqua Club - Grampian Branch](#)
 - [Scout Association - Gordon District](#)
 - [Scouthall Playgroup](#)
 - [Sharon Sorries Dance Dimensions](#)
 - [Skateraw Walking Group](#)
 - [Skene Heritage Society](#)
 - [Skene Indoor Bowling Club](#)
 - [Skill Swap](#)
 - [Slessor School of Dance](#)
 - [Sooyang Do Martial Art - Aboyne](#)
 - [Sooyang Do Martial Art - Alford](#)
 - [Sooyang Do Martial Art - Balmedie](#)
 - [Sooyang Do Martial Art - Banchory](#)
 - [Sooyang Do Martial Art - Ellon](#)
 - [Sooyang Do Martial Art - Inverurie](#)
 - [Sooyang Do Martial Art - Kemnay](#)
 - [Sooyang Do Martial Art - Kintore](#)
 - [Sooyang Do Martial Art - Kirkton of Skene](#)
-

- [Sooyang Do Martial Art - Newmachar](#)
 - [Sooyang Do Martial Art - Oldmeldrum](#)
 - [Sooyang Do Martial Art - Portlethen](#)
 - [Sooyang Do Martial Art - Stonehaven](#)
 - [Sooyang Do Martial Art - Torphins](#)
 - [Sooyang Do Martial Art - Westhill](#)
 - [South Deeside Under Fives Baby and Toddler Group](#)
 - [South Deeside Under Fives Lunch and Learn Club](#)
 - [South Deeside Under Fives Twos Group](#)
 - [South Mearns Explorer Scouts](#)
 - [Spotlight Theatre \(Amateur Drama Group\)](#)
 - [St Andrews Badminton Club](#)
 - [St Combs Craft Class](#)
 - [St Cyrus Newsletter Group](#)
 - [St Cyrus Outdoor Bowls Club](#)
 - [St Cyrus WRI](#)
 - [St Kanes Pre-School Group](#)
 - [St Marys Mainly Music](#)
 - [St Ninians & Forglan Church of Scotland Guild](#)
 - [St Ninians & Forglan Womans Group](#)
 - [St Ninians Scottish Country Dancing Class](#)
 - [Stonehaven & District Horticultural Society](#)
 - [Stonehaven & District Lions Club](#)
 - [Stonehaven & District Radio Car Club](#)
 - [Stonehaven Amateur Swimming Club](#)
 - [Stonehaven and District Angling Association](#)
 - [Stonehaven and District Floral Art Club](#)
 - [Stonehaven and District Sea Cadets](#)
 - [Stonehaven Bowling Club](#)
 - [Stonehaven Bridge Club](#)
 - [Stonehaven Chorus](#)
 - [Stonehaven Fireballs Association](#)
 - [Stonehaven Folk Club](#)
 - [Stonehaven Gymnastics Club](#)
 - [Stonehaven Heritage Society](#)
 - [Stonehaven Horizon Project](#)
 - [Stonehaven Lifesaving Club](#)
 - [Stonehaven Round Table](#)
 - [Stonehaven Royal Scottish Country Dance Society](#)
 - [Stonehaven Tennis Club](#)
 - [Stonehaven Thistle Cricket Club](#)
 - [Stonehaven Ury Players](#)
 - [Stonehaven Youth Football Club](#)
 - [Strathbogie Fiddlers](#)
 - [Strathbogie Rambling Club](#)
 - [Strathburn 2s Group](#)
 - [Strathburn Park Playgroup](#)
 - [Strathdee Music Club](#)
 - [Strathdon Bowling Club](#)
 - [Strichen & Tyrie Parish Church Guild](#)
 - [Strichen Burns Club](#)
 - [Strichen Gala Committee](#)
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- [Strichen Playgroup](#)
 - [Strichen SWRI](#)
 - [Strichen Twos Group](#)
 - [Tai Chi Aberdeenshire and Ru Yi School](#)
 - [Tap O Noth SWRI](#)
 - [Tarland Curling Club](#)
 - [Tarland Golf Club](#)
 - [Tarland Playgroup](#)
 - [Tarland Youth Club](#)
 - [Tarves Friendship Club](#)
 - [Tarves Heritage Project](#)
 - [Tarves Parent and Toddler Group](#)
 - [The Community Choir at Fyvie](#)
 - [The Windsurf Club](#)
 - [Three Peaks Triathletes](#)
 - [Tom-Toms](#)
 - [Tooters](#)
 - [Top Tots Toddler Group](#)
 - [Torphins Bowling Club](#)
 - [Torphins Golf Club](#)
 - [Torphins Indoor Bowling Club](#)
 - [Torphins Outdoor Curling Club](#)
 - [Torphins Over 55s Friendship Club](#)
 - [Torphins Playgroup](#)
 - [Torphins Twos Group](#)
 - [Torphins WRI](#)
 - [Tough Community Youth Group](#)
 - [Towie Indoor Bowling Club](#)
 - [Towie Toddler Group](#)
 - [Tranquility Wild West Town & Re-enactment Group](#)
 - [Trefoil Guild - Banff & Buchan](#)
 - [Tullynessle & Forbes SWRI](#)
 - [Turriff District Round Table](#)
 - [Turriff & District Accordion & Fiddle Club](#)
 - [Turriff & District Amateur Swimming Club](#)
 - [Turriff & District Gardening Club](#)
 - [Turriff & District Heritage Society](#)
 - [Turriff & District J A C](#)
 - [Turriff & District Ladies Circle](#)
 - [Turriff & District Mens Shed](#)
 - [Turriff & District Pipe Band](#)
 - [Turriff & District Probus Club](#)
 - [Turriff & District Tangent Club No 717](#)
 - [Turriff & Upper Ythan 50+ Walking Group](#)
 - [Turriff Angling Association](#)
 - [Turriff Bowling Club](#)
 - [Turriff Business Association](#)
 - [Turriff Cricket Club](#)
 - [Turriff Curling Association](#)
 - [Turriff District Agricultural Association](#)
 - [Turriff Golf Club](#)
 - [Turriff Judo Club](#)
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- [Turriff Ladies Bridge Club](#)
 - [Turriff Netball Club](#)
 - [Turriff Parent and Toddler Group](#)
 - [Turriff Pre School Playgroup](#)
 - [Turriff Sports Centre & Swimming Pool](#)
 - [Turriff Summer Bridge Club](#)
 - [Turriff Youth Football Club](#)
 - [Turriffic Arts Group](#)
 - [U3A \(University of Third Age\)](#)
 - [Udny and Pitmedden Guild](#)
 - [Udny Station Indoor Bowling Club](#)
 - [Udny Station Pre-School and Playgroup](#)
 - [Udny Station Toddlers](#)
 - [Udny Tennis Club](#)
 - [UK Sooyang Do Association](#)
 - [Upper Deeside Art Society](#)
 - [Upper Keithen Riding Centre](#)
 - [Ury Beaver Colony](#)
 - [Vale of Alford Bowling Club](#)
 - [Vale of Alford JAC](#)
 - [Velvet S Mathers Health & Fitness](#)
 - [Wayfarers Walking Group](#)
 - [Wednesday Art Group](#)
 - [Westdyke Bowling Club](#)
 - [Westdyke Community Club](#)
 - [Westdyke Leisure Centre](#)
 - [Westhill & District Gardening Club](#)
 - [Westhill & District Round Table](#)
 - [Westhill & Skene Lions Club](#)
 - [Westhill Badminton Club](#)
 - [Westhill Choi Kwang Do](#)
 - [Westhill Mens Shed](#)
 - [Westhill Tennis Club](#)
 - [Westhill Walkers](#)
 - [Whiterashes Book Group](#)
 - [Woodend Music Society](#)
 - [Woodhead Windyhills Community Trust Ltd](#)
 - [Woodside 2s Group](#)
 - [Woodside Playgroup](#)
 - [Xpressions Hiphop Dance Group](#)
 - [Yees Hung Ga Kung Fu](#)
 - [Yoga Gordon](#)
 - [Youth Groups-Turriff](#)
 - [Ythan Cronies Club](#)
 - [Ythan Fiddlers](#)
 - [Ythan Singers](#)
 - [Yvonne Milne Dance School](#)
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14.2 Aberdeen Football Club Community Coaching

Oldmachar Academy
 Monday 7.00pm-8.00pm
 Contact: AFC Community Department
 Tel: 01224 650432
 Fun football coaching for children and adults

14.3 Aberdeen Judo Club – Special Needs Group

Aberdeen Judo Club run a session for people of all ages with learning disabilities on Monday nights from 6.30pm-8.00 at the Beach Leisure Centre. Judo uses standing throws, groundwork and holds, and can be adapted to suit a range of needs and abilities. Judo can help develop confidence, agility, fitness, discipline, strength, co-ordination, balance and orientation.

Contact

Address: Beach Leisure Centre, Beach Esplanade, Aberdeen AB24 5NR

Phone: 01224 681398

Email online at: <https://www.aberdeenjudo.co.uk/contact>

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

14.4 Aberdeen North FABB Club

A sports and recreational club open to people with any disability as well as able bodied people.

Contact

Henry Rae Community Centre, Manor Avenue, Aberdeen AB16 7UR

Tel: 01224 662792

14.5 Aberdeen Physically Disabled Swimming Club

Specifically for people with physical disabilities.

Meets: Aberdeen Sports Village Pool off Kind Street on a Tuesday evening from 7-8.00 pm. Access for wheelchair users and hoists available for accessing the pool.

Provides swimming recreationally and competitively for physically disabled people. Coaches and assistants in the water. Aids such as back or neck supports available. Caters for all ages and physical disabilities. Pool is divided into three sections catering for the different needs of the members.

Open to all ages and abilities.

Club sessions are run by Scottish Amateur Swimming Association qualified coaches.

Contact: Katy Wood

Tel: 07496262595

kt.wood@hotmail.co.uk

Second contact: Pamela Wheatley
Tel: 01467 643573

http://www.aberdeencity.gov.uk/xcc_CommunityDetail.asp?id=160&ind=11&ind2=380

14.6 Aberdeenshire Council Disability Sport

Disability Sport Activities:

Aberdeenshire Disability Sport deliver multisport sessions for children and adults across Aberdeenshire. They also organise events, competitions and holiday programmes. They offer training in various NGB add on modules for working with people with a disability. They link closely to Aberdeen City Council and Scottish Disability Sport. They have a stock of specialist equipment for various activities and they advise on disability sport generally.

Contact: Officer: Caitlin Dudley

Base: Woodhill House, Aberdeen,

Contact: 07768 051479

Email: caitlin.dudley@aberdeenshire.gov.uk

Email: sport@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/sports-development/disability-sport/>

14.7 Active Aberdeenshire Membership Card

Active Aberdeenshire is a campaign to encourage people to take part in regular exercise and sport and enjoy it. It links to the national Active Scotland campaign. General advice is available on the Active Scotland website at <http://www.ouractivenation.co.uk>.

The Active Aberdeenshire scheme makes it easier and cheaper for you to use Council sports and leisure facilities. By paying a monthly fee, which can be done by direct debit, you will be given a National Entitlement Card which will be programmed with details of your 'Active Aberdeenshire' membership. You will then be able to 'swipe' this at any participating facility and get free access, whether it be for swimming, use of gym facilities or sports halls. Membership can be either for an individual, a couple or family (unlimited children).

There is a 50% concession rate for those who are eligible

Concession prices are available for the following groups:

- Low waged
- Disabled
- Over 60
- Under 16
- A Young Scot card holder or in full time higher education
- In receipt of 'carers allowance'

For more information please contact your local leisure centre.

Email: activeaberdeenshire@aberdeenshire.gov.uk.

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/active-aberdeenshire/>

14.8 Adventure Aberdeen

Adventure Aberdeen is a 'not for profit' Aberdeen City Council service. We provide an essential and vibrant outdoor service to education, social care and community establishments across Aberdeen city. Adventures for all!

We are proud to offer continued and effective support for schools with Additional Support Needs groups.

Frustrated and struggling with normal academic structure?

We often find that students that are disengaged in academic life can excel in more practical settings, our activities offer the perfect attraction and often without realising the student are building relationships with teachers, trust amongst peers and generating a sense of achievement and realising their personal responsibilities.

Physical Disabilities: All of our activities and locations are flexible in terms of physical and cognitive support needs required to achieve success

Contact: Adventure Aberdeen: Fairley Road, Kingswells, Aberdeen

AB15 8PZ

Tel: 01224 270990

Email: adventureaberdeen@aberdeencity.gov.uk

http://www.aberdeencity.gov.uk/AdventureAberdeen/adventure_aberdeen.asp

14.9 Alford Ski Centre

Alford ski centre is situated in the picturesque Howe of Alford, surrounded by the beautiful hillside of Benachie and Donside. An all year round facility with a dedicated team of qualified and experienced winter sports instructors.

We offer:

- 70 meter lubricated Dendix slope with Poma lift.
- A dedicated 30 meter Trainer slope, with magic carpet lift
- Flood-lit skiing
- Lounge area and facilities

Open Practice sessions

As with most sports practice makes perfect and we offer open practice sessions all year round.

In the interest of safety, all skiers and boarders on open practice must be able to perform to our minimum standard, which is a controlled snowplough and stop for skiers and a falling leaf for boarders. Long trousers, long sleeves and gloves must be worn on the slope at all times.

Tubing

Great fun for all the family and an ideal activity for birthday parties and group outings! Due to the high demand we recommend calling the ski centre to reserve tubes in advance for all public sessions.

Contact: Alford Ski Centre

Greystone Road, Alford AB33 8TY

Tel: 019755 63024

alford.skicentre@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/ski-centres/alford-ski-centre/>

14.10 Arthur Grant Centre

The Sir Arthur Grant Centre is a residential outdoor centre which is situated near the village of Monymusk. The Centre has been modernised and extended and is fully adapted for use by groups of people with disabilities.

Facilities: Accommodation for:

- 24 people in two dormitories (bunk beds)
- 2 rooms for staff (sleeping 2 in each)
- All bed linen - pillows, pillowcases, duvets and covers, fitted sheets
- General accommodation:
- 2 washrooms with bathroom, showers, toilets, handrails / drying room / large lounge, small lounge upstairs / laundry room / open plan kitchen / dining room
- sick room
- Fully equipped kitchen including: 2 electric cookers / crockery / cutlery / dishwasher / first aid box / fridge freezer / kettle / pans / toaster / urn /
- tea towels

Booking: Groups of people with disabilities may book nine months in advance - other people may book six months in advance, although a provisional booking can be made nine months in advance. To ensure dates required are available please phone the Education Office

Prior approval must be obtained from the booking office before tents or caravans are permitted on site - details of charges for such facilities are available on request.

Address: Monymusk, Inverurie, Aberdeenshire AB51 7JA

Phone: 01467 651397

Contact (Bookings):

Aberdeenshire Council Education Office, Queens Road, Stonehaven

Aberdeenshire AB39 2QQ

Tel: 01569 766960

14.11 Banchory Community Education Centre

Basketball - an open group which may include participants with a learning disability.

Meets: Wednesdays 7.00pm-9.00pm

Contact: Banchory Community Education Centre, Schoolhill, Banchory

Tel: 01330 825966

14.12 Boccia

Boccia is a game similar to petanque and is played indoors
 Sport Aberdeen offers Boccia coaching to all ages of its members
 Westburn Outdoor Centre, Westburn Park Aberdeen - Wednesday 6.30pm-7.30pm
Contact: Andrinne Craig, Club Coach
 Tel: 07793 655417

14.13 Carriage Driving

Garioch Driving Group

Garioch Carriage Driving is a group member of Riding for the Disabled Association (RDA) www.rda.org.uk which incorporates Carriage Driving. We are also a recognised Scottish Charity - Scottish Charity No: SC 028644 (SCIO).

We aim to improve lives by giving people with disabilities, including those in wheelchairs, the opportunity to learn to drive horse-drawn carriages.

Twice weekly, from May to September our trained volunteers harness our horses to their carriages and assist each disabled driver into their driving positions, beside their coach. They are taught to drive the carriages to the best of their ability, on tracks and competition courses at Strathorn or at other venues in and around Scotland. Our drivers have also qualified to compete at the RDA's National Championships in England.

We also enjoy a laugh, chat and a cuppa at the driving sessions and during the winter we don't carriage drive but we arrange and meet up either for arranged talks or activities.

We rely on committed volunteers to provide this service.

With limited fixed income, we also rely on fundraising and donations to keep the group going.

The Benefits of Carriage Driving

- Improves co-ordination
- Relaxation
- Increase Self Esteem and independence
- Improve Social Skills
- Opportunity to train for Competitions
- Most of all have FUN!

Contact:

Contact: Mrs R Skinner, Strathorn Farm, Pitcaple, Inverurie AB51 5EJ

Tel: 01467 851204

E-mail: gcd@gariochcarriagedriving.org.uk

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

Maryculter Driving Group

Maryculter Driving for the Disabled Group is an independent charity registered in Scotland and a member of the Federation of RDA (Riding for Disabled including Driving).

The aim of the "Maryculter Driving for the Disabled" Group is to give the opportunity of driving a pony or horse to any disabled person who might benefit in general health and happiness

Meets: Maryculter Home Farm on Wednesdays (May to September) at 1.00pm. The Group normally meets at Maryculter Home Farm courtesy of Jane MacInness

Contact:

Address: Hogghill, Maryculter, Aberdeen AB12 5GT

Group secretary: 01224 734093

Email: caroline.mctag@virgin.net

Second contact: Mr. George Masson, Chairman
Corbie Linn, Maryculter, Aberdeen AB12 5FT
Tel 01224 733583

14.14 Deeside Gliding Club

If you have never flown before, we offer two options to allow you to take to the sky, a trial lesson or a multi-day course.

The primary difference between these are the number of flights include, the trial lesson with one, any the courses including a minimum of two per day.

- Aerotow to 2000 feet
- 3 months membership
- Full use of club facilities
- All glider airtime charges
- Full safety briefing
- No charge for instructions

Contact: Deeside Gliding Club, Aboyne Airfield, Dinnet, Aboyne, Aberdeenshire, AB34 5LB.

Telephone: 013398 85339

E-mail: office@deesideglidingclub.co.uk

<http://www.deesideglidingclub.co.uk/contacts.html>

14.15 Disability Snow Sport UK

The charity aims to make skiing and snowboarding accessible to people with disabilities. The charity owns a purpose-built adaptive snow sports centre on Cairngorm Mountain and runs individual and group lessons throughout the winter. Its location beside the Funicular enables quick access to the upper slopes of Cairngorm where there is nearly always sufficient snow to run activities. In 2007 the charity set up a ski school at The Lecht in Moray and now has a base there to deliver lessons when required. Help is provided with equipment and tuition.

Contact

Address: Glenmore Grounds, Aviemore, PH22 1QU

Telephone: 01479 861272

Email: admin@disabilitysnowsport.org.uk

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

14.16 Disability Sport

Disability Sport provides opportunities for people with a disability to take part in sport. As well as training and supporting qualified coaches, they recruit volunteers and organise classes, events and competitions.

For more information about local and holiday provision

Contact:

Disability Sport Co-ordinator

Gordon House, Blackhall Road, Inverurie AB51 3WA

Tel: 01467 628126

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/sports-development/disability-sport/>

14.17 Doric Dolphins Swimming Club

Swimming Club for people of all ages with learning disabilities; swimming group for improvers and advanced swimmers

Kincorth Swimming Pool - Friday 7.00pm-8.30pm

Contact: Pam Gallant

Tel: 01224 634458

14.18 Duthie Park and Winter Gardens

Aberdeen's Winter Garden located at the Duthie Park is the city's most visited tourist attraction. It houses a beautiful floral paradise from January to December, with rare and exotic plants on show from all over the world. Under its impressive glass dome you can see no less than 600 different species of cacti. Self-service restaurant is accessible by ramp and disabled toilets are provided within the grounds.

Opening Times: April 9.30 - 5.30. May - Aug 9.30 - 7.30.
Sep - Oct 9.30 - 5.30 Nov - Mar 9.30 - 4.30

Address: David Welch Winter Gardens, Duthie Park, Polmuir Road
Aberdeen AB11 7TH

Contact: Alan Findlay, Duthie Park Manager

Telephone: 01224 585310

Telephone: 01224 210532

Email: wintergardens@aberdeencity.gov.uk

<http://www.aberdeencity.gov.uk>

14.19 Equal Adventure

Equal Adventure's charitable aim is to continue the development of equipment, information and resources, making outdoor adventure, fieldwork and active lifestyles accessible regardless of disability. Equal Adventure Trading operates as a social enterprise to ensure that the products developed by EA are able to reach people and organisations that require them, through sustainable manufacture, pricing and supply.

Contact

Address: Equal Adventure, The Old Dairy Woodlands Industrial Estate Woodlands Terrace Grantown on Spey Morayshire PH26 3NA

Phone: 01479 861200

Email: directly from the website at:

<http://www.equaladventure.org>

14.20 Garioch Gators (LD section of Garioch ASC)

Meets at Inverurie Swimming Centre. Swimmers should be of secondary school age and capable of doing 1 length in a recognisable stroke. Swimmers should be able to take instruction and cope with an hour long training session. Training is to competitive standard with galas throughout the year.

Meets Sundays 4.30pm-5.30pm at Inverurie Swimming Pool.

Contact: Inverurie Swimming Pool

01467 620654

14.21 Hazlehead Park

A park of over 180 hectares, which was originally part of the freedom lands granted to the city in 1319. The land fell into private ownership but was bought back by the council in 1920. This park is on the outskirts of Aberdeen and is heavily wooded. It is popular with sports enthusiasts, walkers, naturalists and picnickers. Around the park are football pitches, a golf course, pitch and putt course and woods for walking. The park itself has rose gardens, azalea & rhododendron borders, heather beds, a children's play area and a pets' corner. The park has a significant collection of sculpture by a range of artists and heritage items which have been rescued from various places within the city.

The park contains 2 golf courses, a pitch and putt, football fields, toilets, a large children's play area, 2 rose gardens, heather beds, and an Azalea & Rhododendron beds. There is also a maze in this park.

Contact: Alan Findlay, Park Manager
Communities, Housing and Infrastructure
Duthie Park, Polmuir Road, Aberdeen AB11 7TH
Phone: 01224 585310
Email: alanfindlay@aberdeencity.gov.uk

http://www.aberdeencity.gov.uk/community_life_leisure/parks_open_spaces/pos_hazleheadpark.asp

Hazlehead Pets corner

Hazlehead Pets Corner is a visitor attraction within Hazlehead Park featuring many different animals, both large and small, that children like to see.

Included amongst the animals are: rabbits, chinchillas, miniature donkeys, tropical fish, ducks and peacocks.

Contact: Alan Findlay, Park Manager
Communities, Housing and Infrastructure
Duthie Park, Polmuir Road, Aberdeen AB11 7TH
Phone: 01224 585310
Email: alanfindlay@aberdeencity.gov.uk

http://www.aberdeencity.gov.uk/community_life_leisure/parks_open_spaces/pos_hazleheadpets.asp

14.22 Huntly Nordic Ski Centre

The Huntly Nordic Ski Club (HNSC) is North-East Scotland's biggest Nordic ski club. The club is based around the market town of Huntly which is on the A96 between Aberdeen and Inverness.

The club is very lucky to have use of the facilities at the Huntly Nordic and Outdoor Centre which include purpose built tracks for practicing both classic and roller skiing. In addition just out of the town of Rhynie south of Huntly is located the Clashindarroch forest with forest trails designated for cross country skiing and mountain biking.

Contact: Ski Lodge, Hill of Haugh, Huntly
Tel: 01466 794428

<http://www.nordicski.co.uk/wordpress>

14.23 Leisure and Recreation Club (LARC)

Range of activities including carpet bowls, badminton, short tennis and 5 a side football.

Activities We Provide

- Disco
- Craft
- Baking
- Cinema Night
- Games- Dominoes, Beetle Drive, Wii
- Karaoke
- Bingo/Quiz
- Jazz & Blues
- Boccia/Curling
- Wheat Bags
- Music Therapy
- Parachute Games

Meets: Fridays 7.00pm-9.30pm at Stonehaven Community Education Centre, Bath Street,

Stonehaven AB39 2DH

Contact: Gail Black

Tel: 07721332278

<http://larcstonehaven.weebly.com/contact-us.html>

14.24 Leisure Centres

Look on the Council websites:

Aberdeenshire

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/>

Aberdeen City

http://www.aberdeencity.gov.uk/SportAberdeen/facilities/facilities_home.asp

14.25 Libraries

Local libraries welcome all children of all ages and their parents and carers. Membership is free with access to books, talking books, music and DVDs. Users can also make use of the free computers and advice and information is available from library staff. Libraries often have events and opportunities to take part in activities such as internet training.

<http://www.aberdeencity.gov.uk/libraries>

<http://aberdeenshire.gov.uk/libraries/>

<http://aberdeenshire.gov.uk/libraries/locations/mobile-libraries/>

Libraries (Aberdeenshire)

Local Libraries: You can [find your local library](#) on the website with details of opening hours, contact information, library stock, computer facilities and other services such as photocopying and fax.

Mobile Libraries: Find out when [mobile libraries](#) call in your area with information on the [mobile services](#) they provide such as stock available, loan periods and arrangements for adverse weather.

Contact

Telephone: 08456 08 12 07

<http://aberdeenshire.gov.uk/libraries/>

Libraries (Aberdeen City)

Community Libraries in Aberdeen

Library members have full access to 16 local libraries and a Home Library service within the city of Aberdeen

For information about your local branch:

Contact

Telephone: 01224 52 20 00
or 08456 08 09 10

http://www.aberdeencity.gov.uk/education_learning/libraries/lending_services/lib_branches_communitylibraries.asp

14.26 Loch Park Adventure Centre

Loch Park Adventure Centre was opened in 1994. The Centre offers water-based and land activities for people of all ages and abilities and is run by qualified instructors. The centre has professional and social contacts with people with disabilities and recognises the need for special facilities.

The centre provides the following activities:

- archery
- canoe hire / instruction
- camping (for uniform groups)
- gorge walking
- kayak hire / instruction
- raft building
- ropes course
- water and land projects
- wayfaring
- team building

The centre offers packages for a wide variety of groups (minimum 6, maximum 32) including: schools, community groups, youth groups, clubs, older peoples groups, family groups, visitors and tourists, voluntary organisations, adult groups, groups of people with learning and physical disabilities, businesses. Packages combining a range of adventure activities can be designed to meet particular requirements. People can camp at the site or stay in a 15 bed bunkhouse.

Facilities include:

- drying room
- lounge
- self-catering kitchen
- showers
- washer / dryer

Wet suits, buoyancy aids, cagoules and safety helmets are all available at no extra charge

Contact

Address: Drummur Castle Estate, Keith, Banffshire AB55 5JX

Phone: 01542 810334

Email directly from the website at:

<http://www.careuklearningdisabilities.com/loch-park>

14.27 National Key Scheme (Keys to toilet for disabled people) / Radar Keys

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. Order the National Key Scheme (Radar) Key and Guide by going to the “shop” page at <http://www.disabilityrightsuk.org> to find out the location of the 9,000 accessible toilets across the UK fitted with the NKS lock. This valuable resource is the only guide of its kind and really does open doors to independent living.

Contact: Disability Rights UK, 12 City Forum, 250 City Road, London.

EC1V 8AF

Tel: 020 7250 3222

<http://www.disabilityrightsuk.org>

14.28 Phoenix Club Social Group for Disabled

Meet Monday evening 7-9pm (term time only) at the Torry Youth Café,
North Balnagask Road, Torry Aberdeen

This is an adult group who meet friends, have tea and play table tennis, pool, cards, dominos and have a small craft group

Contact: Pam Gallant

Tel: 01224 634458

14.29 Riding for the Disabled

At RDA, our horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK. Our network of volunteer groups organise activities such as riding, carriage driving, vaulting and show-jumping.

If you or someone you know is looking for therapy, a new challenge, or just the chance to socialise and have fun – why not find your nearest RDA Group today.

Become Part of Something BIG

RDA has nearly 500 Groups across the UK who organize activities for a big community of 28,000 riders and carriage drivers all made possible by around 18,000 volunteers

Lots to Do

RDA offers a wide range of different activities and equestrian disciplines for you to try. These range from riding and carriage driving to show jumping, vaulting, dressage and endurance. There are regional and national competitions to take part in as well as holidays and education programmes. All help to develop your skills and -of course- are great fun!

Get Involved

As well as riding and driving many participants wish to get involved as volunteers and coaches. Perhaps you have skills you could share with RDA and don't forget it's not just about working with horses there is a role for everyone in RDA!

Get Started

You can use our [Group Finder](#) to find details of Groups in your area and also the details of your local County Chairman who will be able to advise you.

Tel: 01926 492915

Email: info@rda.org.uk

<http://www.rda.org.uk/about-rda>

Aberdeen

We are very proud to be able to support The Riding for the Disabled Association (Aberdeen branch). The RDA moved to our premises in 2007, as we could offer them the indoor school and the use of several very special horses and ponies, who spend their Tuesdays, Wednesdays and Fridays ensuring that Disabled riders are able to get riding, training and access to the outdoors (by riding round the farm). Many members are surprised to learn that horses and ponies who do all standards of lesson (including advanced and fast work) can be suitable for slower work with the RDA - however the horse and ponies personalities are paramount to their suitability, and our very special RDA horses and ponies are:

Twiggy, Sid, Boyo, Caley, Holly, Gemima, Silver and Ben.

We give the use of the indoor school free of charge for the RDA, and charge a heavily subsidised rate for the use of the horses. We decided when the RDA joined us that we wanted to help them ensure that as many different riders as possible could get access to riding and we felt the best way to do this was to support the charity by heavily reducing the horse hire rates. RDA do various sessions at Oldfold Farm on a Tuesday (all day) a Wednesday (evening) and a Friday (morning).

Contact: Aberdeen Riding Club, Oldfold Farm, Milltimber, AB13 0HQ

Tel: 01224 862431

Or 01339 885749

Email: beebe4349@aol.com

Email: aberdeenrc@btconnect.com

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

Maryculter driving for the disabled group

Maryculter Carriage Driving for the Disabled operates from Maryculter Home Farm, on the outskirts of Aberdeen in the North East of Scotland. We meet on a Wednesday afternoon from April until September. We have two horses Corbie and Casse who love nothing better than to get out into the lovely countryside and occasionally have a jaunt along the River Dee! Our members are all volunteers and assist with various tasks to enable the 15 disabled drivers to have an enjoyable experience. Tea/coffee and yummy cakes are provided by our lovely tea ladies! We have drivers with a range of disabilities including wheelchair users. If you are in this area and would like to join us as a driver or a volunteer,

please contact me. We are currently looking for new Committee members and if you would be keen to join our happy group, we would love to hear from you.

Contact:

Tel: 07594 249397

Email: monearn@btconnect.com

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

Buchan

The [Buchan Group Riding for the Disabled](#) operates from Ladymire, Ellon on Tuesdays and Fourwinds, Gowanhill and Rathen, Fraserburgh on Thursdays. All school term only.

Contact:

Tel: 07890 131772

E-mail: brelsford@hotmail.co.uk

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

Deeside (Scotland)

The Deeside Group operates from Khalsbanna Stables, Dess, Aboyne from April to November (term time only). We currently use the indoor school at the Wold Horse Welfare Centre, Aboyne. We are a small friendly group that has operated for almost 30 years. We are currently based at Khalsbanna Stables, Dess, Aboyne but are in the process of moving our riding sessions to the new indoor school at the World Horse Welfare Centre. Our aim is to provide the opportunity in the Deeside area for disabled people to ride in order to improve their health and wellbeing, delivering a real and lasting therapy that not only benefits mobility and co-ordination but encourages confidence and self-worth while having fun. We provide lessons for twenty-six riders per week on Tuesday or Friday mornings during the Spring and autumn school terms. We cater for a wide range of disabilities and ages, and are in the process of purchasing a hydraulic platform to aid riders with mounting. If you would like to ride with us, or to volunteer, please contact us

Contact: Jill Randalls, Knockhill Farm, Strachan, Banchory, AB31 6LL 01330 824850

E-mail: rdadeeside@gmail.com

Gordon

The [Riding for the Disabled Association Gordon Group](#) operates at Tweed-dale, Keithhall, Inverurie

Contact: Jennifer Steele

Tel: 01467 681622

Email: Jennifer.steele27@btinternet.com

Strathbogie

The [Strathbogie Group](#) operates at Strathorn Farm, Pitcaple on Thursdays (Term time only).

Contact: Tel: 01466 720336

Or: 01926 492 915

E-mail: rda.gandh@gmail.com

Tayside – Angus group

Tel: 01307 820475

Email: angusrda@btconnect.com

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

Moray group

Tel: 01542 60274

Email: jobatham@aol.com

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

Forres, Nairn and district group

Tel: 07522 317613

Email: posiechristie@yahoo.co.uk

14.30 Scottish Disability Sport

SDS is the Scottish governing and co-coordinating body of all sports for children, athletes and players of all ages and abilities with a physical, sensory or learning disability. SDS has the vision of leading the development of sport and physical recreation for disabled sports people in Scotland and contributing to UK and international initiatives. SDS has published a national strategy which will direct the work of the Association through to London 2012 and beyond. SDS lists its major partners as sportscotland, Scotland's Governing Bodies of Sport and Local Authorities plus Voluntary Organisations concerned with disability.

SDS has Branches covering most of Scotland, reaching from the Highland area in the north to the Scottish Borders and Dumfries and Galloway in the south. SDS has a dedicated Staff Team and Regional Officers and is enormously proud of the quality and quantity of volunteers and athlete members who play a major part in the running of the Association

Contact: Head Office, The Administrator, Scottish Disability Sport
Caledonia House, South Gyle, Edinburgh EH12 9DQ

Tel: 0131 317 1130

Email: admin@scottishdisabilitysport.com

<http://www.scottishdisabilitysport.com/sds>

Aberdeen City Branch

Scottish Disability Sport Aberdeen City Branch offers individuals opportunities to participate / compete in a variety of sports and activities, including lawn bowls, table tennis, snooker, football, curling, swimming, boccia and pool.

Regional and national events can also be entered, subject to membership.

Contact

Address: Aberdeen City Council, AECC, Balgownie 1, Conference Way, Bridge of Don, Aberdeen AB23 8AQ

Phone (Mob): 07793 655417

<http://www.scottishdisabilitysport.com>

14.31 Special Olympics Grampian Area *Our Mission*

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes find joy, confidence and fulfilment - on the playing field and in life.

They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential. To this end we provide sporting opportunities for people with a learning disability within the Special Olympics Grampian region.

Set up in 1984 specifically for people with learning disabilities. Local activities are swimming, basketball, equestrian, skiing, bowling (indoor, lawn, 10 pin), cycling, gymnastics, table tennis, golf, boccia, football and tennis.

Contact:

Email us: sogaskigroup@btinternet.com

Or online at: <http://specialolympicsgrampian.btck.co.uk/Contact%20us>

<http://specialolympicsgrampian.btck.co.uk/>

14.32 Stonehaven Indoor Bowling Club

People with visual impairment play every Thursday 10.00am-12.00 midday

People with disabilities from Mill of Forest have a session every Friday 10.00am-14.30 midday

The club has a wheelchair and an accessible toilet for people with disabilities.

Contact: Stonehaven Indoor Bowling Club, Recreation Ground, Stonehaven
Tel: 01569 765470

14.33 Stonehaven Youth Football Club

Club Meetings: Sunday

Description: 1st Sunday of each month September-April

Location: McRobert Pavillion, Mineralwell Park, Stonehaven

Contacts: Alan Fraser

3 Westfield Court, Stonehaven AB39 2JW

<http://www.aberdeenshire.gov.uk/clubs/detail.asp?keyOrganisation=744>

14.34 Sunset Boulevard

Ten pin bowling

26 ten-pin bowling lanes with a modern and comfortable decor. We've installed 13 giant two metre by three metre projection screens at the end of each bowling alley. So while you get ready to strike, we'll be adding to the atmosphere with music videos, sports events and even cartoons for the kids. We have great selection of party packages available including kids' parties and corporate team building days. And don't forget the all Sunset Diner & Bar serving great food and drinks from our great new menu

Contact

John Codonas Pleasure Fairs Ltd.
Beach Boulevard, Aberdeen AB24 5ED
Tel. 01224 595910
sales@codonas.com
<http://codonas.com/>

14.35 Victoria Park Aberdeen

A five-hectare park opened to the public in 1871. It is a beautiful park, full of flowers, shrubs and trees. There is a conservatory used as a seating area for inclement weather and a small glasshouse feature with alpine plants during the summer months. In the centre of the park is a fountain made of 14 different granites, presented to the people by the granite polishers and master builders of Aberdeen, summer bedding and a garden for the disabled.

Park Details: Address: Victoria Park, Watson Street, Aberdeen
Opening Time: This park is open at all times.

Contact: Steven Shaw

Parks and Countryside General Enquiries, Kittybrewster Depot,
38 Powis Terrace AB25 3RF
Phone: 01224 489273
Email: stevens@aberdeencity.gov.uk

http://www.aberdeencity.gov.uk/community_life_leisure/parks_open_spaces/pos_victoriapark.asp

14.36 Westburn Park Aberdeen

A park of 10 hectares, opposite Victoria Park on the other side of Westburn Road. This spacious park caters for football and tennis, has a children's cycle track and a play area, and is known for its excellent grass bowls facility. An open section of the Gilcomston burn (a local stream) runs through the park and modelled water features have been added to it. The popular Westburn Lounge within the park provides refreshment for visitors.

Address: Westburn Park, Westburn Road, Aberdeen.

Opening Times: This park is open at all times.

The park contains all weather surface, grass & indoor tennis facilities, 3 bowling greens, a pond, burn and large open grass areas.

Contact: Steven Shaw

Central Parks & Green Spaces, 38 Powis Terrace, Kittybrewster

Aberdeen AB25 3RF

Phone: 01224 489273

Email: stevens@aberdeencity.gov.uk

http://www.aberdeencity.gov.uk/community_life_leisure/parks_open_spaces/pos_westburn_park.asp

14.37 Wheelchair Curling

Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN

Contact: Laura Mutch, Curling Development Officer

Meet on Wednesday at 4pm (and other times / days)

Tel: 01224 810369

Email: admin@curl-aberdeen.co.uk

<http://www.curl-aberdeen.co.uk/>

14.38 Swimming Pools And Leisure Centres

Aberdeenshire

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/>

14.39 Aboyne swimming pool

Aboyne Swimming Pool is based on the site of Aboyne Academy, and offers an excellent range of sporting and social facilities, within a friendly and welcoming environment.

A gym induction is required prior to first use of fitness equipment.

Please call reception to book induction - 013398-86222

The Centre is home to a range of sports clubs and specialises in offering a comprehensive programme of swimming lessons for all ages and abilities. This includes:

- parent and preschool child instruction
- sub aqua
- canoeing
- aquafit
- Facilities
- 25 metre swimming pool
- 15 station fitness room

Contact: Aboyne Swimming Pool and Deeside Community Centre

Bridgeview Road, Aboyne, Aberdeenshire AB34 5JN

Tel: 013398 86222

Fax: 013398 85001

Email: aboyne.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/aboyne-swimming-pool-and-deeside-community-centre/>

14.40 Alford swimming pool

Alford Swimming Pool is located alongside Alford Academy. The Pool is home to a number of clubs, and specialises in offering a comprehensive programme of swimming lessons for all ages and abilities.

This includes:

- Pre School Class
- Adult Classes
- Learn to Swim Programme
- Facilities
- 20 metre swimming pool
- male and female changing room with disabled access
- baby changing facilities

Contact: Alford Swimming Pool

Bank Terrace, Alford, Aberdeenshire AB33 8TT

Tel: 019755 62922

Fax: 019755 62628

Email: alford.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/alford-community-campus/>

14.41 Balmedie Leisure Centre

Specialises in offering a comprehensive programme of aerobics and children's activities.

Facilities

- Main Hall
- Small Hall
- Fitness Room
- Lounge
- Male / Female and Disabled Changing

Contact: Balmedie Leisure Centre, Eigie Road, Balmedie

Aberdeenshire AB23 8YF

Tel: 01358 743725

Email: balmedie_leisure@btconnect.com

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/balmedie-leisure-centre/>

14.42 Banchory sports centre and swimming pool

Banchory Sports Centre is sited within the Banchory Academy campus and offers a range of sporting and social activities within a friendly, welcoming environment. The swimming

pool is located within the Academy, accessed via the sports centre. We offer a range of activities including exercise classes, gymnastics, trampolining, football, basketball, badminton and general swimming sessions. Swimming lessons are delivered by the Banchory Beavers Swimming Club. Our qualified fitness instructors can provide personal exercise programmes for all, from beginner level upwards, in addition to inductions for first-time users. Please note that it is advisable to pre-book gym inductions.

The centre is home to a range of sports clubs including

- Banchory Gymnastics Club
- Banchory Trampoline Club
- Banchory Boys Football Club
- Deeside Girls Football Club
- Banchory West Badminton Club
- Banchory Beavers Swimming Club (www.banchorybeavers.org)

Facilities

- 4 Badminton Court Sports Hall
- 13 Station Fitness Room
- General Purpose Room
- 20 Metre Swimming Pool
- Male and Female changing facilities - both sites
- Baby changing facilities - both sites

Contact: Banchory Sports Centre and Pool, Raemoir Road, Banchory
Aberdeenshire AB31 5XP
Tel: 01330 825269

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/banchory-sports-centre-and-swimming-pool/>

14.43 Banff swimming pool

Banff Swimming Pool is located on the site of Banff Academy, and offers an excellent and varied programme within a friendly and welcoming environment.

Banff Pool offers a comprehensive programme of swimming lessons for all ages and abilities. This includes:

Tuesday morning Aquarobics sessions (over 50s only)

Facilities

- 25 metre five lane pool
 - Baby changing facilities
 - Male, female and disabled changing rooms
 - Specific Programmes
 - Private hire sessions for parties / galas etc.
 - Extensive aerobics programme
 - Kayak Club
 - Inflatable fun run sessions
 - Fun sessions with floats
 - Parent and toddler sessions
 - Therapy session
-

Contact: Banff Swimming Pool, Bellevue Road, Banff AB45 1BY

Tel: 01261 815754

Fax: 01261 818247

Email: banff.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/banff-swimming-pool/>

14.44 Bennachie leisure centre

Facilities:

- Games Hall
- 3 Badminton Courts, Basketball Court, 3 Short Tennis Courts, Netball Court, 5-a-side Football Pitch
- Astroturf
- 2 5-a-side Football Pitches, 2 Tennis Courts, Hockey Pitch
- Fitness room
- Treadmills
- Community tearoom
- Meeting / Activity room
- Table Tennis, Pool Table, Stand 'n' Tan.

Contact: Largie Road, Inch AB52 6LT

Tel: 01464 821 248

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/bennachie-leisure-centre/>

14.45 Ellon swimming pool and community centre

Ellon Swimming Pool and Community Centre is based on the site of Ellon Academy, and offers an excellent range of sporting and social facilities, within a friendly and welcoming environment. The Centre is home to a range of sports clubs, and specialises in offering a comprehensive programme of swimming lessons for all ages and abilities.

Facilities

- 5 lane 25 metre pool
 - 4 x badminton court games hall
 - practice hall
 - 2 community rooms
 - a coffee bar
 - male, female and disabled changing rooms
 - baby changing facilities
 - disabled pool hoist
 - Specific Programmes
 - Splash & Mat sessions
 - Limited Swim session
 - Family sessions
 - Parent & Child session
-

- Extensive Learn to Swim scheme
- Adult Swim sessions
- Lengths swimming

Contact: Ellon Swimming Pool and Community Centre, Ellon, Aberdeenshire AB41 9JS

Tel: 01358 727910

Fax: 01358 720478

Email: ellon.pool@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/sport/swimleisure/ellon.asp>

14.46 Ellon Meadows sports centre

The Meadows complex was opened in 1989 with the vision of Sport for all. It is one of the largest centres North of the River Tay and is renowned for the facilities that it has on offer. Many individual members have represented their sport at district, national or Olympic level. The centre is a key asset to Ellon and the surrounding district and is very clearly an attractive consideration for anyone planning to move into the area.

The Meadows complex is operated by Ellon and District Sports Development Trust. The Trust is made up of representatives of the Trust clubs, members of the community and local Councillors. All give their own time to ensure the successful implementation and continuation of the original vision of sport for all. To this end, the Trust sees the continuing development and expansion of the centre and the centre's activities as key to supporting the vision.

Membership of the centre is open to anyone.

Facilities

- Reception
 - All weather pitch
 - Rugby pitches
 - Football pitches
 - Athletics ground and running track
 - Training areas
 - Five court sports hall
 - Fitness suite
 - Squash courts
 - Sports injury clinic
 - Disabled facilities
 - Meeting room
 - Bar
 - Social facilities
 - Dining area
 - Specific Programmes
 - Rugby
 - Mini rugby
 - Football (Junior, amateur and youth)
 - Indoor football
 - Men's and Ladies hockey
 - Athletics
-

- Squash
- Aerobics
- Karate
- Tae Kwon Do
- Khai-Bo
- Basketball
- Netball
- Badminton
- Indoor cricket
- Volleyball
- Tennis
- Step aerobics
- Circuit training
- Trampolining
- Fitness testing
- Disabled activities
- Remedial Sports massage
- Reflexology
- Schools of sport
- Under 5s' activities
- Dance classes
- Children's parties
- Crèche

Contact: The Meadows, Ellon, Aberdeenshire AB41 9QJ

Tel: 01358 725162 and 01358 723704

Fax: 01358 725162

Email: meadows@ellon.org.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/ellon-swimming-pool-and-community-centre/>

14.47 Fraserburgh swimming pool

Fraserburgh Swimming Pool and Sports Centre is adjacent to Fraserburgh Academy and offers an excellent range of sporting and social facilities, within a friendly and welcoming environment. The Centre is home to two local swimming clubs, and specialises in offering a comprehensive programme of swimming lessons for all ages and abilities

Facilities

- 25 by 7.84 metre swimming pool
 - 12 station fitness room
 - 2x8 person sauna
 - 16 person steam room
 - male and female fitness suite changing rooms
 - 2 squash courts
 - male & female squash changing rooms
 - male & female pool changing rooms with baby changing facilities
 - disabled changing room
 - pool hoist
-

Contact; Fraserburgh Swimming Pool & Sports Centre
 Alexandra Terrace, Fraserburgh, Aberdeenshire AB43 9PR
 Tel: 01346 518 627
 Fax: 01346 510 403
 Email: fraserburgh.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/fraserburgh-community-and-sports-centre/>

14.48 Garioch sports centre

Garioch Sports Centre is a Trust run facility and offers an extensive range of activities to suit everyone's needs. To ensure the facility can be accessed by all we have no membership schemes and the centre can be enjoyed by all the community and visitors to the area.

Facilities

- Games hall
- Squash courts
- Conference room
- Meeting room
- Community hall
- Dance studio
- Table tennis
- Astro turf
- Coffee bar
- Activities
- Squash
- Badminton
- Karate
- Judo
- Wellness zone
- Fitness classes
- Crèche
- Out of school club
- After school activities
- Parties
- Camps

Contact: Garioch sport centre, Burghmuir Drive, Inverurie
 Aberdeenshire AB51 4GY
 Email: info@gariochsports.co.uk
<http://www.gariochsports.co.uk/indexw.php>

14.49 Huntly pool and fitness suite

Huntly Swimming Pool was built in 1967 and has recently undergone a significant redevelopment which includes NEW changing village, with family / baby facilities, disabled

facilities and access, reception, spectator area and an upgrade of our fitness suite complete with state of the art Pulse Fitness equipment. The facility specialises in offering a comprehensive programme of swimming lessons for all ages and abilities within a friendly and welcoming environment. It is heavily used by schools. The pool is also available for hire on a Saturday between 13.30 and 15.00

Facilities

- 25m Swimming Pool 30°C (approx.)
- 8m Paddling Pool – 32°C (approx.)
- Spa – 8 seater – 35°C (approx.)
- New Health Suite, includes Sauna, Steam Room and Private Shower
- Pulse Fitness Equipment in our newly updated fitness suite
- changing village with family / baby facilities
- disabled changing facilities and access
- pool hoist
- Full range of swimming accessories available for sale
- Specific Programmes
- Totally Terrified Session
- Quiet Adult Swim
- Parent & Toddler Session
- Swimming Club
- Inflatable Session
- Lifeguard Courses

Contact: Huntly Swimming Pool, The Avenue, Huntly,

Aberdeenshire AB54 4SH

Tel: 01466 792397

Fax: 01466 793279

Email: huntly.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/huntly-swimming-pool/>

14.50 Inverbervie sports centre

Inverbervie Sports Centre was opened in March 1989. It is sited within the recreational and caravan park and offers a range of sporting and social activities within a friendly, welcoming environment.

The Centre consists of a 4 badminton court sports hall equipped for most indoor sports including badminton, volleyball, basketball, short tennis, 5 a side football and trampoline. Courts are available for individuals booking on a casual basis (by phone or in person) up to 6 days in advance. Block bookings are available for clubs, subject to availability. A variety of activities are organised.

Our fitness room has recently been refurbished. Our qualified fitness instructors can provide personal exercise programmes for all, from beginner level upwards, in addition to inductions for first-time users.

All users must undertake a Fitness Aberdeenshire induction. This will allow you to use not only our gym, but all gyms throughout Aberdeenshire. Inductions are practical, so bring your kit and be ready to get hands on.

Facilities

- 4 Badminton Court Sports Hall
- 13 Station Fitness Room
- Male and Female changing facilities
- Baby changing facilities
- Disabled changing facilities
- Kitchen
- General purpose room

The sports centre is available for booking your child's birthday party. The most popular is the BOUNCY CASTLE with soft play. Alternatively you could have any activity your child wishes. The hall is available most weekends, some evenings and school holidays. It is ideal for children as they have plenty space to run around, ideal for parents too as we set out all the equipment for your arrival and clear it away.

Gym Ted Classes - At the centre we have Pre-school Gymnastics for children aged 1-5 every Wednesday morning and afternoon.

Contact: Inverbervie Sports Centre, Kirkburn, Inverbervie DD10 0RS
Tel 01561 361182

Email: inverbervie.sportscentre@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/inverbervie-sports-centre/>

14.51 Inverurie swim centre

Inverurie Swimming Centre is based next to Inverurie Academy, and offers an excellent range of sporting and social facilities, within a friendly and welcoming environment. The Centre is home to a range of sports clubs, and specialises in offering a comprehensive programme of [swimming lessons](#) for all ages and abilities.

Adult and Child Classes

Classes available: These classes cater for the following age ranges and take place with the adult supporting the child in the water.

3 to 9 months & 9 to 15 months

15 months to 2.5 years

2.5 to 3.5 years

3.5 to 5 years

There is no waiting list for these lessons at Inverurie. Instead there is a two week registration period where new participants can sign up for the following term. If you have attended the previous term then you can still register if there are spaces remaining after the two week period. Registration and payment must be done in person at Inverurie Swimming Centre.

Facilities

- 25m swimming pool
 - 12.5m teaching pool
 - 13 person Sauna
-

- 15 station Fitness Suite
- Village-style disabled changing rooms
- Baby change facilities
- Specific Programmes
- Fun sessions
- 50+ swim

Contact: Inverurie Swimming Centre, Victoria Street, Inverurie
Aberdeenshire AB51 3QS

Tel: 01467 620654

Fax: 01467 629142

Email: inverurie.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/inverurie-swimming-centre/>

14.52 Laurencekirk - Mearns Academy Community Campus

Facilities

A first class community, sports and cultural facility run by Aberdeenshire Council, whose aim is to "build capacity, realise potential and achieve excellence". In keeping with this, the new facility is open and available to the Aberdeenshire Community.

Follow this [link](#) for a map to the new Campus:

- 4 court games hall, which can be split
- 20 station fitness room
- Aerobics studio
- Full size outdoor artificial and 2 grass pitches
- Changing rooms
- Theatre (with cinema style projection and tiered seating)
- Drama studio
- Practise rooms
- Meeting rooms
- Conference suite
- Kitchens
- Computer rooms
- Interview rooms and lecture theatres
- unmanned police office where you can contact the local police and arrange to meet a police officer if required.
- Library

Sport and leisure facilities and services: [01561 377519](tel:01561377519)

Cultural and library facilities and services: [01561 377298](tel:01561377298)

Community facilities and services: [01561 378298](tel:01561378298)

Catering facilities: [01561 378547](tel:01561378547) or [01467 628061](tel:01467628061)

Mearns Academy secondary school: [01561378817](tel:01561378817)

Email us: mearns.campus@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/laurencekirk-mearns-academy-community-campus/>

14.53 Peterhead swimming pool

New Exercise classes, Boxercise, Hydrofit, Circuits, B3H balance and strength, Kettlercise, EPIC

Facilities

- 6 lane 25m swimming pool from 0.9 – 1.8m in depth
- large teaching pool 0.6m- 0.9m
- Diving pool with 1m and 3m spring board and 5m Platform
- Health suite with 8 seat sauna, 7 seat steam room and 20 piece fitness suite
- Coffee bar and vending service
- Amazone, soft play activity play area
- 4 court games hall
- Indoor climbing wall
- Multipurpose practice hall
- Community /Toddlers area
- 290 seat Theatre
- Activities
- Swimming Club
- Junior Swimming Lessons
- Canoe Club
- Doric Bowmen
- Buchan Climbing Club
- (Contact John Donaldson 01779821788 for details)
- Basketball
- Table Tennis
- Gym Times
- Badminton
- Birthday parties: catered for and can include either:
- pool hire
- pool inflatable
- bouncy castle
- Amazone (soft play area), can cater for birthday parties
- Karate: Tuesday and Thursday 6.30pm - 9.30pm
- Hexagon Football: Monday 5.30pm - 9.30pm September to Easter only - primary school age
- Disabled Club
- Deaf Society
- 3 Theatre groups
- Junior theatre (children performances)
- Red brick theatre group
- Monthly Cinema show

<http://www.filmmobilescotland.co.uk/peterhead> for latest film dates & films or contact Community Centre.

Informal art: Thursday (term time) 7.00pm

Contact:

William Dailly 07809113287

Peterhead Leisure and Community Centre
 Balmoor Terrace, Peterhead, Aberdeenshire AB42 1EP
 Tel: 01779 477277
 Fax: 01779 471041
 Email: peterhead.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/peterhead-leisure-and-community-centre/>

14.54 Portlethen swimming pool and Academy sports facilities

The pool is situated on Oak Drive, behind Portlethen Academy and backing onto Bourtrees park. A wide variety of activities is offered for all ages and sectors of the community including a very comprehensive Learn to Swim programme. With the proximity to the School some dry sports activities are on offer using the Academy sports facilities, including Athletics for younger children, Penguins Swimming and Lifesaving Club.

Fitness Aberdeenshire - Portlethen Academy. For inductions and tours, contact pool to make booking.

The fitness room boasts a variety of different cardiovascular and muscular training machines including treadmills, recumbent bikes, inclined chest press, pec dec and much more

Facilities

- 25m main pool (0.9-1.8m deep)
- Separate toddler area 0.6m deep
- Fully accessible for disabled with separate disabled changing room
- Family friendly changing with baby changing facilities and playpens
- Parking for 30 cars (overflow parking at Academy)
- Specific Programmes
- "Early Dookers" swim from 7am (Monday - Friday)
- "The Rush Hour" adult lunchtime swims (Monday - Friday)
- Parent and Toddler swim sessions during the week and at weekends
- Fun Sessions for primary school children aged 8 - 12 years
- Available for Private Hire / Parties - Saturday 3 to 7.30pm
- Primary Indoor Athletics (Portlethen Academy on Wednesday evenings) Ladies Only
- Over 50's
- Hydro Active classes on a Tuesday evening (subject to timetable change)
- [National Pool Lifeguard Qualification \(pdf 22.3kb\)](#)

Contact: Portlethen Swimming Pool, Oak Drive, Portlethen
 Aberdeenshire AB12 4UR
 Tel: 01224 782918
 Fax: 01224 784074
 Email: portlethen.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/portlethen-swimming-pool-and-academy-sports-facilities/>

14.55 Stonehaven leisure centre

Stonehaven Leisure Centre was opened in 1985. It is sited at Queen Elizabeth Park to the north end of the town and offers a range of sporting and social activities for all within a friendly and welcoming environment. The pool is equipped for disabled access, leisure swimming, competitive swimming, recreational lane swimming, aqua aerobics, swimming lessons (babies to adults), birthday parties and fun swims

The Sports Hall is equipped for most indoor sports including badminton, volleyball, basketball, short tennis, 5 a side football and trampoline. Courts are available for individuals booking on a casual basis (by phone or in person) up to 7 days in advance. Block bookings are available for clubs, subject to availability. A variety of activities are organised for both children and adults

The Fitness Room has 18 stations, a mix of cardio vascular, and fixed resistance machines as well as a limited amount of free weights. All users must undertake a Fitness Aberdeenshire Induction. This will allow you to use not only our gym, but all gyms throughout Aberdeenshire. Inductions are practical, so bring your kit and be ready to get hands on. Please note that it is necessary to pre-book gym inductions.

Sauna is a 6 person cabin. Open during public swim times

Facilities

- 25m Swimming Pool
- 3 Badminton Court Games Hall
- 18 Station Fitness Room
- General purpose room (for meetings or events)
- 6 person sauna
- Male and Female changing facilities
- Baby changing facilities
- Disabled changing rooms
- Opening Times: Mondays - Fridays 6.30am-10.00pm
- Saturdays 9.00am-8.00pm / Sundays 9.00am-9.00pm
- Other:
- Children's parties both in the swimming pool and games hall
- Aaerobics programme
- Triathlete training
- Crash course swimming lessons during the summer period
- Football coaching

Contact: Stonehaven Leisure Centre, Queen Elizabeth Park

Stonehaven AB39 2RD

Tel: 01569 763162

Fax: 01569 762681

Email: Stonehaven.Leisure.Centre@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/stonehaven-leisure-centre/>

14.56 Stonehaven open air swimming pool

Stonehaven Heated Open Air Pool is unique

- Huge Olympic-sized, 50m long pool and lido
- Clean sea water @ 29°C - that's 84 °F
- Sheltered sun terraces, often warmer than the Med!
- Fun sessions for kids, paddling pool for under-8s
- Quiet swims and lane swimming sessions
- Midnight swims - swim beneath the stars to disco music
- On site cafe, lots of FREE parking

Make this the summer you swim in this amazing Pool - we say it's cool when it's hot ... and fun when it's not

Opening Times and Swimming Sessions - please check website for details

Contact

Telephone: 01569 762134 (01569 763162 pre-season)

Address: Stonehaven Open Air Swimming Pool, Queen Elizabeth Park

Stonehaven AB392RD

E-Mail: friends@stonehavenopenairpool.co.uk

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

14.57 Turriff swimming pool and sport centre

Turriff Swimming Pool is linked with the Gateway Community Centre, and is located close to the centre of the town (near the Academy).

The Pool offers a comprehensive programme of swimming lessons for all ages and abilities, and caters for all level of swimmers both social and competitive.

Turriff Sports Centre offers an excellent range of sporting and social facilities. Located just across the road from the swimming pool it is a modern, friendly and welcoming facility. Users can take part in a wide range of activities including badminton, table tennis, netball, basketball, football and many more. Our exercise classes and fitness room programmes are tailored to suit all levels from beginners to advanced, and the fully qualified instructors are always on hand for advice.

Facilities

- 20 Metre Swimming Pool
- 3 Badminton Court sized Sports Hall
- 17 Piece Fitness Room at the Sports Centre, plus other Weight & Fitness equipment
- Male & Female Showering & Changing facilities on both sites
- Fully accessible to Disabled People with Baby changing facilities on both sites (soon)
- At the Sports Centre Tea/Coffee is available within comfortable surroundings
- Specific Programmes
- Children's Parties / Private Hires available at the Pool and Sports Centre
- Wide range of Exercise Classes available, from Aqua Aerobics to Gentle Exercise

Contact: Turriff Swimming Pool / Turriff Sports Centre

Queens Road, Turriff, Aberdeenshire AB53 7EF

Tel: 01888 562528 (Pool) 01888 563800 (Sports Centre)

Fax: 01888 568156 (Pool only)

Email: turriff.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/turriff-swimming-pool-and-sports-centre/>

14.58 Westhill swimming pool

Offering plentiful parking, well illuminated with additional CCTV and specific disabled parking as required. The swimming pool has a unique movable floor, enabling the pool depth to be changed in a matter of seconds to accommodate any group's requirements. The centre is home to a local swimming club, and specialises in offering a comprehensive programme of swimming lessons for all ages and abilities. We would advise customers to phone for sessions in case of last minute changes to the timetable. For more details please contact Westhill Swimming Pool on 01224 744933 or Westhill.

Facilities

- 25 x 13.5 metre swimming pool
- Wheelchair access to poolside
- Disabled changing facilities
- Wheelchair hoist
- Movable floor. (0.0- 2.0 metres)
- Baby changing facilities
- Private car park
- Disabled parking
- Unisex changing village with family changing
- Specific Programmes
- Pool available for hire on Saturday nights from 4.30pm-6.00pm for galas or kids parties
- Aqua aerobics
- NPLQ courses
- Fun sessions (for inflatable see Holiday timetable)
- Junior swimming lessons
- Pre-school swimming lessons
- Ladies only sessions
- 50+ sessions
- Adult swimming lessons
- Parent and Toddler sessions
- Adult only sessions
- Disabled sessions

Contact: Westhill Swimming Pool, Hays Way, Westhill
Aberdeenshire AB32 6XZ

Tel: 01224 744933

Email: westhill.pool@aberdeenshire.gov.uk

<http://aberdeenshire.gov.uk/leisure-sport-and-culture/sports/leisure-centres-and-swimming-pools/sport-centres/westhill-swimming-pool/>

15 SOCIAL WORK

15.1 Children and Families

Aberdeenshire Council

Information on fostering, adoption, childcare and children's rights in Aberdeenshire.

- [Education and Children's Services Plan](#)
- [Aberdeenshire children's Services Plan](#)
- [GIRFEC Getting it right for every child](#)
- [Fostering, Adoption, Kinship Care, Through-care and aftercare service](#)
- [Children's rights](#)
- [Family Information service](#)
- [Child Protection](#)

The Education and Children's Services Plan

The [Child's Plan](#) brings together all agencies involved with delivering services to children and young people to focus on achieving the priorities relating to children and young people in Aberdeenshire.

[Getting it right for every child](#) is a Scottish Government's policy to make sure every child or young person achieves their potential. It helps everyone who works with children to work more effectively together and with families to make things better for children.

Children and Families Team Contacts

Aboyne	013398 87 096
Banchory	01330 82 49 91
Banff	01261 45 58 15
Ellon	01358 72 00 33
Fraserburgh	01346 51 04 45 or 01346 51 32 81
Huntly	01466 40 49 59
Inverurie	01467 53 75 55
Kemnay/Westhill	01467 53 45 55 or 01467 53 28 88
Peterhead	03456 08 12 08
Portlethen	01224 66 62 00
Stonehaven	01569 76 83 90
Strichen	01771 63 82 00
Turriff	01888 56 92 60

<https://www.aberdeenshire.gov.uk/social-care-and-health/local-social-work-offices/>

15.2 Children and Families Team

The local Children and Families teams operate a referral system and families can self-refer should they wish to discuss their need for support and an appointment will be arranged. However in an emergency situation they will respond as quickly as possible. If:-

- You urgently need help or any of the services we provide.
- You are concerned or need advice about your own situation.
- You are concerned or need advice about a child in your community.
- You need information on the services for children in your area.

Out of Hours Contact

After office hours, you can phone our Emergency out of Hours service on

Tel: 03456 08 12 06

If you are concerned about your immediate safety or that of a child, please contact the Police in the first instance.

<https://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/children-and-families-teams/>

15.3 Community Learning Disability Team - Aberdeenshire

The community learning disability team is a specialist team including professionals from social work and health care. They work together to give help and support to adults with learning disabilities, their families and carers in the community.

The team helps you to access a range of [services and supports](#) including:

- day opportunities
- training and employment opportunities
- short breaks / respite care
- independent living / living in the community
- advocacy
- occupational therapy service

Contact the community learning disability team:

For more information on these services, please contact the community learning disability team:

Inverurie: [67 Market Place](#) (map link)

Inverurie

AB51 3PY

Tel: **01467 536700**

Portlethen: [Portlethen Social Work office](#) (map link)

Rowanbank Road

Portlethen

AB12 4NX

Tel: **01224 666202** ([ask for care management service for people with learning disability](#))

Banff: [Seafield House](#) (map link)

37 Castle Street

Banff

AB45 1FQ

Tel: **01261 813424**

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/services-for-people-with-a-learning-disability/>

15.4 Family Information Service

The Family Information Service (FIS) provides free, comprehensive and up-to-date information and advice about all services for children, young people and their families in Aberdeen / Shire. Our directory of services is for parents, carers, young people and professionals. We hold information on a wide range of services including:

- Childcare (childminders, nurseries and out of school care)
- Education (primary schools, secondary schools, nursery schools and education support services)
- Family Support Services (social care & wellbeing services, housing & homelessness, bereavement, divorce, counselling, general health, domestic abuse, drugs and alcohol, employment, financial help, libraries, sport, and parent and toddler groups)
- Additional Support Needs (disabilities, complex health needs, respite care, disability sport, supported child care)
- Opportunities for 16 - 19 year olds (employment, education, volunteering, support services, community projects, mental health)

For more information, please visit the dedicated [Family Information Service](#) website.

Aberdeenshire Council

Contact: Enquiries

Telephone: 0800 298 3330

Emailing afis@aberdeenshire.gov.uk

Address: Craigearn Business Park, Morrison Way, Kintore, AB51 0TH

15.5 Social Work

Parents and Carers sometimes worry about contacting Social Work to ask for help or advice. It is important to remember that Social work are there to help families and can often provide invaluable support.

Children with Disabilities

In Aberdeenshire the local Children and Families team work with children with disabilities/Additional Support Needs and each team has a local area co-coordinator whose role it is to work with children and young people, aged 0-18, who have a substantial and permanent disability or medical condition. Social Worker and Local Area Coordinators work in partnership with other agencies. They can provide:-

- A Child & Young Person's Assessment which will help to identify the outcomes to be met through the Child's Plan
- Support via Self Directed Support to help your child at home and with social activities and outings, where these outcomes have been identified
- Advice and Guidance
- Respite Care (governed by Eligibility Criteria)
- Help to access Welfare Benefits
- Work in partnership with Adult Learning Disabilities Team
- Signposting to other organisations / agencies

Where the assessments identifies support is required the social worker or local area coordinator will work with you to develop a Support Plan which may include the provision of an Individual Budget for Self-Directed Support. If services are provided, they will be monitored and reviewed by the worker assigned to your care.

Services are provided in order to support families and avoid, whenever possible, disruption to family life. Services should seek to minimize the effect of the child's disabilities and help children to lead lives which are as normal as possible.

Contacts can be found here:

<https://www.aberdeenshire.gov.uk/social-care-and-health/local-social-work-offices/>

15.6 Further information:

Aberdeenshire health and community care

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/>

Aberdeenshire health and social care partnership

<https://www.aberdeenshire.gov.uk/social-care-and-health/health-and-social-care-integration/>

Health and social care

<https://www.aberdeenshire.gov.uk/council-and-democracy/about-us/service-structure/health-and-social-care/>

Supporting and protecting adults from harm – policy and procedures

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/community-care-policies-and-strategies/supporting-and-protecting-adults-from-harm-policy/>

Providing quality care for people who are victims of violence or abuse

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/community-care-policies-and-strategies/#Protection>

Carer's charter

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/community-care-policies-and-strategies/#Caring>

Services for people experiencing mental health difficulties

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/services-for-people-experiencing-mental-health-difficulties/>

Becoming a foster carer

<https://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/fostering/becoming-a-foster-carer/>

Support and training for foster carers

<https://www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/fostering/support-and-training-for-foster-carers/>

16 TRANSPORT

General Information

16.1 Blue Badge

If your child is over 2 years old and receives the Mobility component of DLA at the higher rate you may be entitled to a Blue Badge. You do not have to own a car to make use of the scheme as the badge is issued to the person and not the vehicle. You can apply for a blue badge on behalf of a child if he or she is under two years old and their medical needs require that they are accompanied by bulky medical equipment. Currently the administration fee for a blue badge is £20. The badge is issued for between 12 months and 3 years. You have to apply to renew the badge. People who have a blue badge can also request a Radar key. The key enables access to all locked disabled toilets across the country.

You can find more information about the scheme by contacting the council offices

Aberdeenshire council:

They can send you an information pack and application form. To request an application form and information pack

Contact

Gordon House, Blackhall Road Inverurie AB51 3WA.

Email: bluebadge@aberdeenshire.gov.uk

Telephone: 01467 628011

http://www.aberdeenshire.gov.uk/care/getting_around/blue_badge.asp

16.2 A2B Dial a bus

All 'on demand' trips must be pre-booked. If you wish to travel you can ask:

to travel at any time within the operating times of the service, be picked up from your door, home road-end or a recognised bus stop

Bookings can be taken up to one week in advance, same day's bookings are available subject to vehicle availability. Please be ready 15 minutes before your pick-up time.

Consult website for routes available in:

- [Alford](#)
 - [Central Buchan](#)
 - [Fraserburgh](#)
 - [Huntly](#)
 - [Inverurie](#)
 - [Oldmeldrum](#)
 - [Peterhead](#)
 - [Strathdon](#)
 - [Turriff](#)
 - [Westhill](#)
-

Contact

Hotline Phone Number: 01224 665599 between 9.30 am and 3.30 pm, Monday to Friday.

<http://www.aberdeenshire.gov.uk/publictransport/a2bdialabus/index.asp>

16.3 Car Clubs

Co-wheels is the only independently-owned national car club, providing low emission, hybrid and electric cars on a pay-as-you-go basis for organisations and communities across the UK.

Operating as a Social Enterprise

Trading as a social enterprise means a commitment to improve society and environment. Our primary focus is to help our members to save money, reduce car ownership and create a cleaner environment by making lower impact transport options available to everyone. Because Co-wheels is a Community Interest Company, we reinvest profit into our operations to expand and improve the service.

Our Community Car Club Network

Co-wheels now delivers car clubs in over [60 locations](#) across the UK. We have a diverse range of operations, from city centres to villages. Some of our car clubs are used by local authorities and universities as pool cars for staff, whilst others focus entirely on being shared cars for local residents. We encourage local ownership of our operations which are sometimes run as community car clubs or as one of our social franchises.

Contact: check out the following webpage to locate your nearest:

<http://www.co-wheels.org.uk/locations?address=Aberdeen>

Telephone: 0191 375 1050

Email: info@co-wheels.org.uk

<http://www.Co-wheels.org.uk>

16.4 Disabled Persons Railcard

A concession card for people who have a disability that makes travelling by train difficult. People who might qualify include those who have a visual or hearing impairment, have epilepsy or receive a disability related benefit. The Disabled Persons Railcard allows 1/3 off most rail fares throughout Great Britain. The adult companion also gets 1/3 off their rail fare too. At present the card costs £20 for one year.

Forms are available online

Contact

Address: Disabled Persons Railcard Office
PO Box 6613, Arbroath, DD11 9AN

Email: disability@atoc.org

Telephone: 0345 605 0525 (7am to 10 pm Monday to Sunday)

Telephone: 0345 601 0132 (for customers with hearing impairments)

<http://www.disabledpersons-railcard.co.uk>

16.5 Motability

If you receive the Higher Rate Mobility Component of the Disability Living Allowance or the War Pensioners' Mobility Supplement, getting a new car is easier and more affordable than ever. Through Motability, you simply exchange part or all of that allowance to lease the car of your choice.

Motability offers a huge range of cars to choose from, suiting all needs and all budgets. There are currently over 350 cars that cost no more than your weekly allowance - 150 of these cost less than your weekly allowance, giving you back money to spend as you wish. We provide the car and the support you need so you can enjoy worry-free motoring, including:

- A choice of around 2,000 cars
- Insurance, servicing and maintenance
- Full RAC breakdown assistance
- Annual tax disc
- Tyre and windscreen replacement
- 60,000 mileage allowance over 3 years
- Many adaptations at no extra cost

You don't have to drive - you can [nominate up to two other drivers](#)

For general enquiries about the Car, Scooter and Powered Wheelchair Scheme

Contact:

Motability Operations, City Gate House, 22 Southwark Bridge Road
London SE1 9HB

Telephone: 0300 456 4566 (8.00am till 7.00pm Monday to Friday, 9.00-1.00pm Saturday)
If you have specialist Mincom equipment, call our text phone on 0300 037 0100

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

16.6 Red Cross wheelchair hire

The service helps people return to their own homes after a hospital stay, enables them to go on holiday with friends or family, and promotes independence. The main type of equipment provided is wheelchairs. Our volunteers have good interpersonal skills and an understanding of the differing physical needs of service users. All our volunteers are also provided with basic training in social care and first aid skills.

If you would like further information, please get in touch with your local Red Cross branch office. Equipment is usually available within 24 hours in an emergency and is loaned free of charge, although a refundable deposit may be requested.

Contact: Bradbury House, Grangemouth Road, Falkirk, FK2 9AA
Telephone: 01324 679 060

Or contact: Red Cross House, 22 Queens Road,
Aberdeen, AB12 5QQ

01224 647741

Head Office: British Red Cross UK Office, 44 Moorfields,

London EC2Y 9AL

Tel: 0844 871 11 11 (+ 44 2071 3879 00 from abroad)

Fax: 020 7562 2000

Text phone: 020 7562 2050

General enquiries: information@redcross.org.uk

Telephone: 0844 412 2804

<http://www.redcross.org.uk/About-us/Contact-and-help/Contact-us>

16.7 Road Tax

You don't have to pay vehicle tax on the following types of vehicle.

You still need to [apply for vehicle tax](#) even if you don't need to pay vehicle tax.

Vehicles used by a disabled person

You can claim disability exemption when you apply for vehicle tax. Find out [if you're eligible and how to claim](#).

Disabled passenger vehicles

Vehicles (apart from ambulances) used by organisations providing transport for the disabled are exempt.

Mobility scooters, powered wheel chairs and invalid carriages

They must have a maximum speed of 8mph on the road, and be fitted with a device limiting them to 4mph on footways to be exempt.

Historic vehicles

You don't have to pay vehicle tax on vehicles made before 1 January 1975 (known as 'historic vehicles').

Electric vehicles

The electricity must come from an external source or an electric storage battery not connected to any source of power when the vehicle is moving to be exempt.

Mowing machines

The mower must be designed, constructed and used just for cutting grass to be exempt. It does not include tractors used to tow gang mowers.

Steam vehicles

You don't have to pay vehicle tax on any steam-powered vehicle.

Vehicles used just for agriculture, horticulture and forestry

This includes tractors, agricultural engines and light agricultural vehicles used off-road. It also includes 'limited use' vehicles used for short journeys (not more than 1.5 kilometres) on the public road between land that's occupied by the same person.

<https://www.gov.uk/vehicle-exempt-from-car-tax>

16.8 Royal Voluntary Service

Royal Voluntary Service (formerly WRVS) provides time and support to older people through the power of volunteering, so older people get more out of life and are able to remain independent for longer. The service aims to reduce social exclusion and loneliness amongst older people in local communities and to support those older people whose mobility may be restricted for a variety of reasons.

Our Services:

Transport - RVS can provide transport for shopping and social outings, medical appointments (hospital, GP, clinics), attending day centres and lunch clubs, visiting friends and relatives at home or hospital

Good Neighbours Service – RVS can provide help with tasks such as companionship, keeping you company as you visit people in hospital or residential care, prescription/pension collection, assistance with shopping, letter writing/reading, help with looking after a pet

Library Direct - We can deliver and collect books, tapes, cds from your local library

How much does it cost? To cover the volunteers' expenses a mileage charge of 45p per mile is requested.

For information on how you can access our services or if you would like to become a Volunteer please call our office

Contact

Tel: 01467 626012 (Monday to Friday, 8:30am to 15:00pm)

Address: Royal Voluntary Service Aberdeenshire 2 David's Lane, Inverurie, Aberdeenshire AB51 3ZB,

Email: aberdeenshirehub@royalvoluntaryservice.org.uk, www.royalvoluntaryservice.org.uk

16.9 Scottish Blind Persons Travel Scheme

Travel Concessions Available:

Aberdeenshire residents who are blind or registered partially sighted with Aberdeenshire Council are entitled to the [National Free Travel Scheme](#)

National Free Travel Scheme

The National Free Travel Scheme entitles holders of a Scottish Blind Persons Travel Card to free travel (standard class) on:

- all local bus services in Scotland
-

- all scheduled long distance services in Scotland; and to/from Berwick and Carlisle (please check with the operator for booking details)
- all rail services in Scotland; and as far as Berwick and Carlisle
Glasgow underground services
- Ferry services (please check with the operator before travelling)

Applicants who are registered blind are entitled to free bus travel throughout Scotland with a Companion.

Applying

An application form can be obtained by calling 08456 08 12 00. You must provide a passport-type photograph. This card will be provided free of charge.

Replacing a Lost Travel Card

If you lose your Travel Card you must advise Aberdeenshire Council on 08456 08 12 00 as soon as possible.

If you have any specific queries regarding the application process please contact:

Contact

Tel: 08456 08 12 00

E-mail: entitlementcard@aberdeenshire.gov.uk

or send queries in writing to

FREEPOST

ACCESS ABERDEENSHIRE

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/concessionary-travel/scottish-blind-persons-travel-scheme/>

16.10 Shopmobility - Aberdeen

Shopmobility Aberdeen is a charity whose aim is to increase independence, freedom, self-esteem and choice for people with disabilities. We are a service dedicated to helping anyone with a mobility difficulty, be it temporary or permanent, who wishes to visit Aberdeen city centre to conduct business, enjoy our many visitor and cultural attractions or to visit the city's wide variety of shops, leisure and business services.

We offer assistance to anyone experiencing a mobility or sensory impairment.

By providing the loan of a battery powered scooter, a battery powered wheelchair or a manual wheelchair to help ease your walking difficulty, and the assistance of a volunteer companion if required. We also have a wheelchair accessible vehicle available for hire on a self-drive basis. Booking our services in advance is recommended, but is essential for the wheelchair accessible vehicle and for the volunteer companions.

Shopmobility Aberdeen is about freedom to get about the city centre. You do not have to be registered disabled to use the scheme. It is available to those with sport or road accident injuries as well as those with long term disabilities. The service is open to anyone living in or visiting Aberdeen.

Contact: Shopmobility Aberdeen, 2, 1st Level Mall, Union Square,

Aberdeen AB11 5RG

Telephone: 01224 254338

Email: shopmobility.aberdeen@gmail.com

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

16.11 Shopmobility - Peterhead

Shopmobility Peterhead assists people with a disability, either permanent or temporary, to access shopping or social events in Peterhead. The scheme is supported by Aberdeenshire Council, Housing and Social Work service. The service is based in Maiden Street Car park.

The service loans people:

- wheelchairs (manual or electric)
- scooters
- walking aids

Clients must register with Shopmobility Peterhead and prebooking is preferred.

Contact: Dial-a-Community Bus office

Maiden Street Car Park, Peterhead

Tel: 01771 619191

Opening Hours: Monday to Saturday 10 am to 1 pm

email: admin@dialabus.org.uk

16.12 Whizz Kidz

Whizz-Kidz is a national charity that provides disabled children with the essential wheelchairs and other mobility equipment they need to lead fun and active childhoods. Whizz-Kidz can help advise you what your disabled child is entitled to, how they can get the right wheelchair, and what training is available to them. They can also help provide a broad range of mobility equipment not available from the NHS or Social or Education Services.

But this isn't all they do. As well as equipment, Whizz-Kidz has a whole programme of events.

Maybe the most exciting are the 'Ambassador Clubs' where young people can part in really fun activities and learn about doing things for themselves. They are also 'parent free zones'! One of the main aims is for older members to become leaders and mentors and eventually run the clubs themselves assisted by volunteers and Whizz-Kidz staff.

Aberdeenshire Council Support Directory – General Support 157.

We've got clubs in Dundee, Glasgow, and Edinburgh. Each one meets once a month and be based on a key theme like healthy living, creativity or leadership. The clubs are free to attend and Whizz-Kidz also provides care support and transport. So if you are aged 10 – 25 then you should definitely get in touch!

Contact: Heather Robertson

Address: Whizz-Kidz, 4th floor, Portland House, Bressenden Place, London, SW1E 5BH.

Telephone: 07867 421 441

Email: h.robertson@whizz-kidz.org.uk

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

16.13 School Transport

Entitlement to free transport

Your child will receive free school transport if they attend their zoned school, and live more than two miles from their school if they are at primary school, and more than three miles from their school if they are at secondary school.

Free home to school transport will NOT normally be provided if your child attends a school outside your catchment area.

What type of transport is provided?

Free transport can be provided in a number of different ways.

Some children will be given season tickets to use on public buses or trains

Other children will be transported on buses contracted by Aberdeenshire Council.

In some isolated circumstances payments will be made to parents to transport their children to school.

Is door to door transport provided?

The Council does not guarantee "door to door" transport. Your child may have to walk to and from home to meet the school bus (up to two miles if your child is at primary school, or up to three miles if your child is at secondary school).

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/school-transport/>

16.14 Additional Support Needs School Transport

1. The Council will provide free home-to-school transport to pupils with additional support needs provided this has been authorised by the appropriate Head of Service based on objective assessment criteria.
2. The Council will provide free home-to-school transport to pupils on educational and/or medical grounds provided this has been approved by the appropriate Head of Service based on objective assessment criteria.

Contact:

Telephone: 01224 665193 for transport enquiries

Email: asn.transport@aberdeenshire.gov.uk

Address: Public Transport Unit, Woodhill House, Westburn Road, Aberdeen, AB16 5GB

<https://www.aberdeenshire.gov.uk/schools/parents-carers/assistance/free-school-transport/>

Privilege seats and fare paying buses

Transport provision can sometimes be made available for pupils who are not entitled to free transport by means of a privilege pass. On dedicated school transport services privilege seats are, subject to spare seating capacity, made available to non-entitled pupils on an annual basis at a fixed charge. If a privilege seat is requested for a pupil who is not attending their zoned school, there is no guarantee that a seat will be provided. A seat can

only be allocated if there is school transport operating within the area (the vehicle cannot be diverted for an out of zone pupil), and if there is a seat available on the vehicle.

Further information and application packs are available on the web page detailed below, paper copies can also be issued on request.

Details of the current charges can also be found within the application pack.

Contact

Telephone: 01224 665196/665195 for transport enquiries

Telephone: 01224 664031 for privilege payment, enquiries/application forms

Email: school.transport@aberdeenshire.gov.uk

Address: Public Transport Unit, Woodhill House, Westburn Road, Aberdeen, AB16 5GB

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/school-transport/>

16.15 TaxiCard

TaxiCard offers reduced fare taxi and rail travel to those who cannot use conventional bus services because of severe or complex disability or infirmity.

A TaxiCard entitles the holder to make a maximum of 52 single taxi trips per 3 calendar months at one half of the normal fare. Trips may be made within, and between, Aberdeenshire and Aberdeen, and also to/from Montrose, Brechin, Keith and Cullen.

Rail trips may be made between all station in Aberdeenshire and Aberdeen and also to/from Keith, Elgin, Forres, Nairn and Montrose.

TaxiCards are free of charge and usually valid for five years from the date of issue.

Applying for a TaxiCard

To apply, or to request further information about the scheme please contact us.

Contact

Telephone: 03456 08 12 08

Email: taxicard@aberdeenshire.gov.uk

In writing to: TaxiCard

Public Transport Unit, Woodhill House, Westburn Road, Aberdeen

AB16 5GB

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/concessionary-travel/taxicard/>

Local Community Transport

Aberdeenshire

16.16 Buchan Dial-a-Community Bus

Buchan Dial-a-Community Bus (DACB) is a growing community transport charity focussing on reducing isolation through the provision of high quality community transport delivery and support services.

They provide transport via minibuses, a private hire accessible taxi and a community car scheme and provide the following services;

- Demand Responsive Transport (DRT),
- Shopping services,
- Patient transport,
- Youth transport,
- Library visits,
- Community group use

Operating hours vary depending on the service. Some transport services work 7 days per week including evening and weekends, others work 0700 – 1800. Please ring the office for further details on any service.

Contact : Dial-a-Community Bus office - Buchan/ Fraserburgh

Address: Unit 7&8 Community Services Centre, Market Street, Maud, Peterhead, AB42 4NH

Tel: 01771 619191

Office opening Hours: Monday to Friday 8.30 am to 4 pm

email: admin@dialabus.org.uk

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

16.17 Deeside Community Transport Group

Deeside Village Hopper - A Service for Everyone!

Welcome to the Deeside Village Hopper minibus, purchased with the assistance of the Scottish Executive's Rural Community Transport Fund.

The Village Hopper minibus operates on four local bus routes in the Mid Deeside area.

Mondays and Wednesdays = Aboyne Town Service

Tuesdays = Aboyne - Migvie - Tarland

Thursdays = Aboyne - Finzean - Banchory

Fridays afternoon = Aboyne - Lumphanan – Torphins - Banchory

The services are open to all members of the public.

Contact "Call the bus" on 013398 85222 to request this.

Scotland-wide Free Bus Travel Entitlement cards are valid on all services

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/concessionary-travel/>

The bus can be adapted for wheelchair users by prior arrangement

Deeside Village Hopper is a Mid Deeside Ltd. project. The Deeside Community Transport Group (DCTG) also has a community minibus, which is available for hire to local groups.

Contact: DCTG Co-ordinator, Victory Hall, Ballater Road, Aboyne AB34 5HY

Tel: 013398 85222

Office hours: Mon – Fri 9.00 a.m. – 13.00 p.m.

Email: co-ordinator@mid-deeside.org.uk

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/community-transport-and-mini-bus-hire/advice/>

16.18 Mearns Community Transport

Community Minibus Hire

Mearns Community Transport operates a community bus for people living in the Mearns area. We aim to provide a service primarily for people living in the villages of Laurencekirk, Fettercairn, Auchenblae, Luthermuir, Fordoun, Drumlithie, Arbuthnott, Marykirk and the surrounding areas.

We have a Minibus available for hire to community groups which seats 15 passengers and is fully able to accommodate wheel chairs and is equipped with tail lift.

Contact: Transport Co-ordinator:

Mearns Community Transport, 44 High Street, Laurencekirk, AB30 1AB

Tel: 01561 377000

Email: mearnsct2@googlemail.com

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/community-transport-and-mini-bus-hire/advice/>

16.19 Peterhead dial a bus

A2B Dial-a-Bus is a Demand Responsive door-to-door transport service introduced by Aberdeenshire Council in 2004 with assistance from the Scottish Executive. The Peterhead service is for people who cannot access public transport due to disability or infirmity, or who have limited access to conventional public transport. All vehicles are wheelchair accessible.

Contact:

Email: a2bdialabus@aberdeenshire.gov.uk

Tel: 01224 665599

Text phone / minicom: 18001 followed by 01224 665599

16.20 Community Buses

Aberdeenshire

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/community-transport-and-mini-bus-hire/advice/>

16.21 Wheelchair Accessible Transport

16.22 Taxis

Note: In some cases, where wheelchair passengers are carried, the maximum passenger capacity will be reduced. Please check with the operator when making a booking. List of [Taxi's in Aberdeen](#) , [Taxi's in Aberdeenshire](#), [Minibuses and Coaches](#) – please see the Aberdeenshire Council website.

Contacts:

16.22.1 Aberdeen Operators

Aberdeen Operators	Taxicard scheme	Telephone	Days of Use	Hours of Use
Kenneth Armstrong		07973 413483	Mon - Fri	5am - 4pm
Brian L Hay		01224 693235/ 07802 447202	Mon - Sat	7am - 7pm
			Sun	by arrangement
Central Taxis		01224 890089	Daily	24 hrs
Falcon Taxis		01224 697569/ 07831 399561	Mon - Thurs	7am - midnight
			Fri, Sat	7am - 6pm
Doug and Lisa Fyvie Taxis	T	01224 890937/ 07759 811307	Mon - Fri	1pm - 11pm
			Sun	9am - 9pm
James Hewitt		01224 704965/ 07710 750501	Times vary	Times vary
Gordon McKay		01651 882309	Daily	6pm - midnight
People Cabs	T	01224 876768/ 07711 040125/ 07711 040126	Tues	8am - 6pm
			Wed, Thurs	8am - 11pm
			Fri, Sat	8am - midnight
			Sun	10am - 7pm
Rainbow City Taxis	T	01224 878787	Daily	24 hrs

Robert Paterson		07836 704705	Mon - Sat	6am - 6pm
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16.22.2 Aberdeenshire Operators

Aberdeenshire Operators	Taxicard scheme	Telephone	Days of Use	Hours of Use
Banff Taxis, Banff		08001 23444/ 07790 955147	Mon - Thurs	9am - 11pm
			Fri, Sat	9am - 4am
J W Coaches, Banchory		01330 823300	Mon - Thurs	7am - midnight
			Fri, Sat	7am - 3am
			Sun	9am - midnight
Kennys Taxis, Inverurie	T	01467 621486/ 01467 622686/ 01467 620609	Daily	Daily
Kininmonth Cabs, Peterhead	T	01771 622209/ 07939 356780/ 0800 9562281	Daily	24 hrs
Ray Miller, Westhill		01224 740432/ 07771 646123	Mon - Thurs	8am - 5pm
			Fri	8am - 9pm
			Sat	6pm - midnight
Towie Taxis, Turriff		01888 563636/ 07740 000111	Mon - Thurs	8am - 5pm
			Fri	8am - 9pm
			Sat	6pm - midnight

16.22.3 Minibuses and Coaches

Operator	Telephone	Vehicles	Maximum Passenger Capacity	Maximum Wheelchair Capacity
Abel Cabs, Aberdeen	01224 871333	1	18	4
	01224 735555	1	8	3

Bon-Accord Taxis, Aberdeen		1	8	4
		1	4	2
Central Taxis, Aberdeen	01224 898989	30	24	1 per vehicle
		3	4	1 per vehicle
Classy Taxis, Fraserburgh	01346 511511	3	7	1 per vehicle
Falcon Coach Hire, Aberdeen	01224 697569	1	15	5
		1	6	2
		1	8	2
		1	8	3
J.W. Coaches, Banchory	01330 823300	1	6	3
Kiers Coaches, Kemnay	01467 642409	1	8	2
Kennys Taxis, Inverurie	01467 621486 / 622686 / 620609	1	2	2
		1	6	2
		1	8	1
		2	6	1 per vehicle
Ladyhill Taxis, Elgin	01343 550440 / 541212	1	4	2
		1	6	1
J.D. Peace & Co. Ltd., Skene	01330 860542	1	52	2
		1	8	2
Rainbow City Taxis, Aberdeen	01224 878787	15	various	1 per vehicle
Scottravel, Elgin	01343 542204	1	4	1
Watermill Coaches, Fraserburgh	01779 478803	1	8	3
Shearers Coaches, Huntly	01466 792410	1	11	2
		1	16	3
	01888 544362	1	35	3

W. & G. Taxi & Coach Hire, Cuminestown		1	8	1
Whyte of Enzie Taxis, Buckie	01542 850277	1	7	3

16.23 Transport Policies for Aberdeenshire

Policies, strategies and contracts

<https://www.aberdeenshire.gov.uk/roads-and-travel/public-transport/policies-strategies-and-contracts/>

Date	Version	Status	Reason
February 2013	1.0	Directory	New resource
November 2014	2.0	Directory	Update information
June 2016	3.0	Directory	Update information
December 2017	4.0	Directory	Update information

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