

Going Forward—Preparing parents for transition

Planning for transition

19 March 2018

Balwearie High School, Kirkcaldy

Information for parents, carers and families



Things you need to know



Education/training

All universities and most colleges now have Disability Officers. Contact them before deciding where to apply, as how well they meet a young person's needs can make a big difference to completing a course successfully.

There are many options for community based learning as an adult, including open learning, skills based learning and certificated programmes. These are helpful if young people leave school without formal qualifications or with qualifications that do not reflect their abilities. LEAD Scotland can advise on options and funding for disabled learners. See list for details.

Education Maintenance Allowance is a means-tested grant for young people with a Learning Agreement through their school to stay on in 5th and 6th year.

Disabled Student's Allowance is not income assessed: funds can be used towards for example equipment, personal help or special dietary needs.



Work

Skills Development Scotland offers career planning support alongside information about courses, community learning, work experience and volunteering opportunities. See listing for details.

Many disability organisations can also help with broader based person centred life planning.



Money and benefits

Check you are receiving all your entitlements. Contact your local Citizens' Advice Bureau (see list) or call Contact's helpline on 0808 808 3555.

Child benefit ends at 16 but may continue to 19 if someone is in full time education – check if this applies to you. Other options, e.g. a work placement, mean child benefit stops.

Personal Independence Payment has replaced Disability Living Allowance for over 16s. If your child is receiving DLA you should get a letter from the Department of Work and Pensions about how to claim PIP. If you don't receive DLA, you'll have to request a PIP form: find out how at www.gov.uk/pip/how-to-claim. Many disability organisations offer help to complete this, so ask.

Universal credit will shortly replace a range of other allowances including Income Support, Jobseeker's Allowance, Employment and Support Allowance, Housing Benefit and Child Tax Credit.



Legal matters

Under Scottish law a young person becomes an adult at 16, after which parents can no longer take decisions on their behalf without appropriate legal authority. Talk to a solicitor well before your child's 16th birthday about any legal steps you should consider – the process can be lengthy. Many solicitors offer an initial discussion free of charge but if you appoint them to act for you the costs can be high, so plan for this before beginning any legal proceedings.

Guardianship allows you to represent someone who cannot make decisions for themselves – that is, they lack capacity. “Incapacity” is a defined legal term and will not apply to everyone with a learning difficulty or disability.

Power of Attorney allows you to act on behalf of someone who can make their own decisions, but may require support to do so – including support to communicate them.

Making a Will/Trust Funds can be important in ensuring your young person is cared for when you are no longer able to. Setting up a Trust to manage money and decision making on their behalf can help make sure they have the right support around, for example, accommodation or healthcare. Many solicitors offer legal advice and will manage Trusts.

You can also contact Enable Scotland’s Legal Service, the Govan Law Centre, or the Scottish Child Law Centre for advice or signposting to organisations with experience of young people with special needs. See listing for details.



Social services

You’re legally entitled to an assessment of needs for your child and yourself, but you have to request this. Ask social services for a Section 23 assessment for under 16s, a Community Care Assessment for over 16s and a Section 24 assessment for carers’ needs. Social worker involvement is essential for referral to many services, including respite.



Health

If your child can’t make decisions for themselves it is likely you will need guardianship when they are 16 so you can be involved in healthcare decisions.

You can get a **Section 47 certificate** from GPs and other health professionals, which lists routine treatments that someone can’t agree to – e.g. dental care. This is linked to incapacity and may not be available to everyone with a learning difficulty or disability.



Getting around

Concessionary travel: if your young person receives certain benefits they – and an accompanying carer – may qualify for free or reduced rate bus travel; cheap rail fares (with a Disability Railcard); and possibly access to taxi card schemes or Dial-a-bus schemes. Contact your local council or transport company for details.

The **Blue Badge scheme** provides parking concessions for people with walking difficulties, either as drivers or passengers. Details from your local council.

Driving: young people with physical disabilities can apply for a driving licence at age 16. Funding for lessons can sometimes be obtained through Motability.



Useful publications

Principles of Good Transition 3 (www.scottishtransitions.org.uk)

Scotland – Opportunities at 16 (www.lead.org.uk)

Leaving School and Deciding What to Do at 16+ (www.enquire.org.uk)

Getting ready to leave school (www.enquire.org.uk)

Post School Learning Choices in Scotland (www.lead.org.uk)

An Easy Guide to Direct Payments in Scotland (www.sclد.org.uk)

Services that can help

NB This handbook is for information and is not an endorsement of any service or organisation listed

National organisations

Enquire—the Scottish Government’s advice service for additional support for learning

Factsheets/guides, including relevant topics such as legislation, Coordinated Support Plans and the Additional Support Needs Tribunal process.

Helpline: 0345 123 2303 **W:** www.enquire.org.uk

Skills Development Scotland—the national skills body for Scotland

Advisors provide face to face career guidance and help explore options. The website www.myworldofwork.co.uk allows you to see jobs in action, build a CV, search for vacancies and explore training opportunities. Local offices across Scotland.

Helpline: 0800 917 8000 **W:** www.skillsdevelopmentscotland.co.uk

Citizen’s Advice Scotland

Free advice on benefits, legal and consumer rights, including benefits calculations and sources of funding. **Advice line:** 0808 800 9060 **Find your local Citizen’s Advice Bureau at:** www.cas.org.uk

CARF (Citizens Advice and Rights Fife)

Offices in Kirkcaldy, Cupar, Glenrothes, Dunfermline, Cowdenbeath, Leven, St Andrews.

Helpline: general advice 0345 1400 095, welfare benefits 0345 1400 091 **W:** www.cabfife.org.uk

Contact

Provides guidance, information and resources to families of disabled children; links families together to support one another through parent groups and an online transitions forum; and encourages families to campaign, volunteer and fundraise for improved services.

Helpline: 0808 808 3555 (UK-wide—say you’re in Scotland and a Scottish advisor will call you back)

W: www.contact.org.uk

Lead Scotland

National Information Service

Free national helpline and information service for disabled people and the people who care for them, offering information and advice related to disability and education. Free downloadable guides on education and disability including support at college and university, understanding your rights in education as a disabled student and arranging educational support workers. *Post School Learning Choices in Scotland* covers all options including community learning, distance learning, short courses, further education at college and vocational and employment programmes. Download guides at:

www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/downloadable-guides/

The helpline advises on everything related to accessing post-school education, including funding; getting the right support; and dealing with disability discrimination. <http://www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/free-telephone-helpline/>

Information helpline: 0800 999 2568 **Email information service:** info@lead.org.uk

In Fife

Activity Agreements – Fife Council

Activity Agreements offer personalised one-to-one key worker support to young people aged 16—18+. Young people work with their key worker to build confidence and develop a plan to test activities like volunteering and short courses with the aim of preparing to move on to further Education, training or employment.

Contacts:

Cowdenbeath—Lorraine Mullen. **E:** lorraine.mullen@fife.gov.uk **T:** 08451 555555 x406807

Dunfermline— Vikki Robertson. **E:** yikki.robertson@fife.gov.uk **T:** 01383 736858

Glenrothes—Shirley Crawley. **E:** shirley.crawley@fife.gov.uk **T:** 01592 583474

Glenrothes— Catherine Potter. **E:** catherine.potter@dpw.gsi.gov.uk **T:** 01592 253611

Kirkcaldy— Sonia McCathie. **E:** sonia.mccathie@fife.gov.uk **T:** 01592 583363

Levenmouth—Louise Ballantyne. E: louise.ballantyne@fife.gov.uk T: 01334 466864
North East Fife—Gemma Frail. E: cuparyouthcafe@hotmail.co.uk T: 01334 650298
South West Fife—Corinne McGinley. E: corinne.mcginley@fife.gov.uk T: 01383 415674

Fife Council— Local Area Coordinators

Local Area Coordinators support elderly, disabled and vulnerable people to access services and resources within their communities to promote activity, participation and independence. People may be referred to an LAC if they are not eligible for other social care support. For more information about how to access this service, please see the website.

T: 01592 643743/01592 644998 E: info@fifeforum.org.uk

W: www.fifeforum.org.uk/local-area-co-ordinators/adults

► **Money and benefits**

Child Poverty Action Group Scotland

Online factsheets about social security benefits.

W: <http://www.cpag.org.uk/scotland/factsheets>

Independent Living Fund Scotland—Transition Fund

New source of finance to support young people with learning difficulties or mental health issues to access services and activities that will increase independence and community engagement.

Individuals apply, with support if necessary, and funding must be for a clearly specified purpose.

T: 0300 200 2022 E: enquiries@ilf.scot W: www.ilf.scot

SDS Options Fife

Information, advice and support in understanding and exploring options around self directed support (SDS), including choosing your own outcomes and making your own decisions.

T: 01592 803280 E: enquiries.sds@dphsfife.org.uk W: www.sdsoptionsfife.org.uk

Turn2Us

Supports people to access benefits, grants and support services. Offers an online benefit calculator, with help to research grants, trusts and other sources of funding and to find local advice services on benefits and financial support. Turn2Us has advice on trusts and sources of funding to meet extra costs associated with studying for anyone at a disadvantage.

W: www.turn2us.org.uk/

► **Education/training/employment**

AbilityNet

IT support for people with disabilities, including tailored advice on getting the best from technology at home or at work.

T: 0800 269 545 (Helpline) E: enquiries@abilitynet.org.uk W: www.itcanhelp.org.uk

Be Ready to Work – Fife College

Programme for 16–17 year olds to help them get ready for work/further education or further training. Includes employability skills (CVs, interview techniques, applications, letter writing), personal/social development and work placements.

T: 0344 875 0174 E: deniseyates@fife.ac.uk or jaynegray@fife.ac.uk W: www.fife.ac.uk

Brag Enterprises

Community organisation offering training and programmes to support people to develop skills for life and work. Various youth programmes offered for young people in transition or who may not be expected to move into further education/training/employment after school.

T: 01592 860296 E: enquiries@brag.co.uk W: www.brag.co.uk

CLEAR Buckhaven – Community Led Environmental Action for Regeneration of Buckhaven
Environmental volunteering and work placement opportunities for people with health conditions and disabilities.

Contact: Bruce Henderson T: 01592 715021 E: clearvolunteering@gmail.com

W: www.clearfife.org.uk

Digital Fife

Free online learning modules and classes in locations across Fife to help people develop computer and digital skills.

www.digitalfife.com

Contact: Willie McCool T: 03451 555555 X450506

The Ecology Centre

Employs young unemployed people as trainees for 6 months to a year. They work onsite to develop and maintain knowledge, skills and experience as they go. Partners in the Fife Rural Skills Partnership provide access to training and additional experiences.

Contact: Julie Samuel E: julie@theecologycentre.org T: 01592 891567 **W:**

www.theecologycentre.org

Employ Young Minds

A 26-week employability course for young people aged 15–20 with mental health conditions.

Contact: Inga Davidson E: inga@journeytowork.co.uk T: 01592 759371 Website: www.feat.org.uk

ENABLE Works—First Steps and Employability Fund Stage 2

Works with young people aged 16–24 who may face significant barriers and are looking to go into employment. Starts with one to one work tackling personal barriers, e.g. travel, progressing to group work on employability skills.

Contact: Benedict Cragie-Sharland E: benedict.craigiesharland@enable.org.uk T: 01592 659295

W: www.enable.org.uk

Fife College

Campuses at Halbeath, Levenmouth, Rosyth, St Brycedale and Stenton, as well as community based learning centres throughout Fife. Courses offered from SVQ Level 2 upwards on a part time, full time, distance learning, evening and short course basis, with programmes available specifically for learners with additional support needs. Students can study at HNC/HND level and progress onto degree courses at partner universities to help prepare them for degree level study. See website for campus addresses and specific phone numbers.

E: info@fife.ac.uk **Main enquiry line:** 0344 248 0115 **W:** www.fife.ac.uk

Fife Council Adult Basic Education (ABE)

Free local tuition to improve literacy, numeracy or IT skills. Groups are small, with around 6 to 8 learners in each group. Call Freephone 0800 783 5161 to meet a local tutor for an informal, confidential chat.

Contact: Fay Logan, ABE Organiser (Kirkcaldy, Levenmouth and East Fife) T: 03451 555555 X471046

Fife Council Community Learning & Development

Lifelong learning opportunities are available in many locations throughout Fife including in local community and learning centres, libraries, community-use schools and colleges. They include formal qualifications, personal interests/hobbies, learning new skills and brushing up existing skills.

E: Enquiries.Communityuse@fife.gov.uk **W:** www.fifedirect.org.uk/adulteducation

Fife Council Supported Employment Service (SES)

Free confidential employment support service for people living with disabilities or health issues.

E: swses@fife.gov.uk T: 01592 583142 **W:** www.fifedirect.org.uk/swses

Fife Voluntary Action

A list of volunteering opportunities across hundreds of organisations in Fife.

W: www.fifevoluntaryaction.org.uk/volopps.asp

Going Forth – Scottish Association for Mental Health

Employability service providing support for individuals with mental health issues to reach their goals in personal development, training and employment. Includes support into work, self employment or training. One to one support initially progressing to time-limited group work and training.

Contact: Susan Neilson E: susan.neilson@samh.org.uk T: 01383 623179 W: www.samh.org.uk

Lead Scotland – Fife Learning Project

Fife Learning Project works with adults over 16, resident in Fife, who identify as disabled or a carer, to learn new skills such as literacy or digital skills. Volunteers support learners one to one, or learners join small groups who meet at local accessible community venues. Services are free, person centred and confidential.

Contact: Dawn Robb E: drobb@lead.org.uk T: 01333 360672 W: www.lead.org.uk/aboutlead/contact-lead-scotland/fife-learning-co-ordinator

Mentor M.A. (Scotland) Ltd

Provides courses throughout Scotland, delivering salon based Modern Apprenticeships, and pre-employment programmes/work experience/tasters for school leavers interested in hairdressing.

T: 0131 220 4499 E: richard@mentor.org.uk W: www.mentor.org.uk

Moving On (Action on Hearing Loss Scotland)

Specialist transitions service supporting 16–25 year olds who are deaf or have a hearing loss to take up work experience and move into full-time employment, training or education. One-to-one or group support to build confidence, gain life skills and achieve personal goals.

Contact: 0141 341 5330 (telephone), 0141 341 5350 (textphone) E: movingon@hearingloss.org.uk W: www.actiononhearingloss.org.uk/about-us/scotland/services-in-scotland/moving-on.aspx

Our Bright Future

Enables young people in Fife to gain skills and work experience relevant to finding jobs, training or starting entrepreneurial projects that contribute to the green or rural economy.

Contact: Sarah MacDonald E: sarah@centreforstewardship.org.uk T: 01337 858838

W: www.fiferuralskills.com

Princes Trust Scotland – Get Into Retail with Marks & Spencer

Employability course for 16–24 year olds, incorporating training delivered by Marks & Spencer alongside work experience, transferable skills, qualifications and sought after job opportunities.

Contact: Laura O'Malley E: laura.o'malley@princes-trust.org.uk T: 07436 582312

W: www.princes-trust.org.uk

Progress Fife

Supports people with a disability or health condition and from deprived areas to move into paid employment or positive destinations such as further education or accredited training.

E: employment.services@capability-scotland.org.uk T: 01383 720613 (telephone), 0131 346 2529 (textphone) W: www.capability-scotland.org.uk/services/capability-scotland-employment-services/our-programmes/progress-fife/

Rathbone Training

Training, life skills, employability, activities, and apprenticeships for young people not in education requiring support to move forward.

T: 01592 623950 W: www.rathboneuk.org

Rural Skills

Social enterprise providing forestry training and apprenticeship programmes for local unemployed young people and those with health conditions and disabilities.

Contact: Paul Cruise E: paul@living-solutions.org T: 08452 220418 W: www.living-solutions.org

Scotland's Rural College

Delivers comprehensive skills and education for land-based industries at all college and university levels in, for example, agriculture, equine and horse care, environment, forestry and biological sciences. Campuses all over Scotland including Elmwood at Cupar.

T: 0800 269 453 E: recruitment@sruc.ac.uk W: www.sruc.ac.uk

Scottish Autism One Stop Shop – Support and Understanding of Social Skills

In partnership with Fife Council's Supported Employment Service, offers social skills workshops for individuals with autism. Sessions are 5 hours and the course takes 10 weeks. They aim to increase confidence, social understanding and problem solving to help people move towards employment.

Contact: Nicola Craig E: nicola.craig@scottishautism.org T: 01592 645350 W: www.fifeoss.org

Specialist Employability Support – Momentum Skills

Provides vocational rehabilitation and training services, empowering people with disabilities and those who are excluded to gain the skills they need to live independently and access employment.

Contact: Andy Duncan E: aduncan@momentumskills.org T: 01592 654618

W: www.momentumskills.org.uk

Step On

Works with 16–24 year olds who are not ready to undertake an employability course. The programme involves small projects helping other generations as well as completing taster days to provide understanding of a diverse range of jobs. Building self-esteem and confidence is a key element and participants gain a Personal Development SQA award.

Contact: Michael Fong E: michael.fong@linkliving.org.uk T: 07841 986421

W: www.linkliving.org.uk

▶ **Legal advice**

Enable Scotland

Legal help for those with a learning disability.

W: www.enable.org.uk/enableme/Pages/Legal-help.aspx

Govan Law Centre

An independent, charitable, community controlled law centre with a focus on tackling discrimination, promoting human rights and the rights of disabled pupils and pupils with additional support needs.

T: 0141 445 1955 E: advice@edlaw.org.uk W: www.edlaw.org.uk

The Scottish Child Law Centre

Free legal advice for and about children and young people.

Advice line: 0131 667 6333 (Mon-Fri, 9.30-4.00) E: enquiries@sclc.org.uk W: www.sclc.org.uk

▶ **Housing and accommodation**

Housing Options Scotland

Information and advice on housing and practical support sourcing suitable/adapted homes.

T: 0131 247 1400 W: <https://www.housingoptionsscotland.org.uk/>

▶ **Health, wellbeing and support**

APPAWS for Autism

A charity providing assistance/therapy dogs to autistic families.

T: 07854 659568 E: appawsforautism@gmail.com W: www.appawsforautism.org

Bipolar Scotland

Information, advice and support for people with Bipolar Disorder, their friends, relatives, carers and interested professionals.

T: 0141 560 2050 E: info@bipolarscotland.org.uk W: www.bipolarscotland.org.uk

Breathing Space

Free confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression. Breathing Space is a COSCA recognised counselling skills organisation. It has a British Sign Language (BSL) service which can be accessed through the website.

Helpline: 0800 83 85 87 (Mon – Thurs 6.00 pm – 2.00 am; Fri 6.00 pm – Mon 6.00 am)

Broad Street Respite Unit

A flexible and responsive respite service to adults with disabilities and mental ill health throughout Fife. Referrals can be made directly by individuals or via social workers.

Contact: John Humphries, Lead Officer **T:** 03451 555555 ext. 402383 **Mail:** 78 Broad Street, Cowdenbeath, Fife KY4 8JA

Castle Furniture Project

A befriending project to reduce isolation and enable people in north east Fife to maintain independent living, with a drop-in service, volunteering opportunities and a buddying scheme.

E: enquiries@castlefurniture.org **T:** 01334 654445

Children's Health Scotland

Information and advice for sick children/young people and their families.

T: 0131 553 6553 **W:** www.childrenshealthscotland.org

Children's Hospices Across Scotland (CHAS)

Care and support for children and young people with life-shortening conditions and their families, both in residential accommodation and in the home.

T: 01577 865777 **E:** Rah.admin@nhs.net **W:** www.chas.org.uk

CKUK

Glasgow based organisation offering innovative learning, peer education, drama and safe social networking for people with learning difficulties. CKFriends provides a secure social network and online community for people with learning difficulties aged 16 and over.

T: 0141 556 5301 **W:** www.ckuk.org.uk

CLIC Sargent

Support for children and young people diagnosed with cancer, and their families.

Advice line: 0300 330 0803 **W:** www.clicsargent.org.uk

Community Integrated Care (CIC)

Home care services across Scotland for older people and people with disabilities or mental health problems.

T: 0131 657 0730 **E:** scotland.services@c-i-c.co.uk **W:** www.c-i-c.co.uk

Counselling and Psychotherapy in Scotland (COSCA)

Scotland's professional body for counselling and psychotherapy provides information and support in finding and accessing suitable therapy.

T: 01786 475140 **E:** info@cosca.org.uk **W:** www.cosca.org.uk

Crossroads (Fife Central)

Befriending service offers support to access social activities and build connections within the local community.

E: info@crossroadsg.co.uk **T:** 01592 610540

Disabilities Fife

Formerly Fife Independent Disability Network. An independent disability-led organisation that works to improve access to services and equality of opportunity for all disabled people in Fife. Members from all over Fife come together every two months.

E: enquiries@disabilitiesfife.org.uk **T:** 01592 203993 (phone), 07841 504318 (text)

W: www.disabilitiesfife.org.uk

Dyslexia Scotland

Support and advice to people of all ages about dyslexia.

T: 0844 800 8484 **E:** info@dyslexiascotland.org.uk **W:** www.dyslexiascotland.org.uk

ENABLE Scotland Fife Services

A range of services for adults and children including advocacy and participation, family support, local groups, support with planning for the future and support at home.

E: enabledirect@enable.org.uk **T:** 0300 0200 101 **W:** www.enable.org.uk

ENERGI

Befriending service for people with mental health and/or substance misuse issues and their carers. A personalised service to reduce social isolation and loneliness for those living in North East Fife and Levenmouth areas.

E: energirecovery@btconnect.com T: 01333 730477

Express Group Fife

Drop-in centres throughout Fife for those who have or have had mental health issues, to help people manage their mental health and to socialise. Provides opportunities for self-help social activities, outings and holidays, and peer support.

E: info@expressgroup.fsnet.co.uk T: 01592 645331 W: www.expressgroupfife.org.uk

Fife ANITT

An NHS team working with low weight adults with anorexia nervosa in Fife. Intensive community-based treatment and support that is generally multidisciplinary, and can include medical monitoring, psychological therapy and nutritional input as well as mealtime and social support.

T: 01334 696347 (NB Number not staffed every day)

Fife Community Learning Disability Team

Healthcare services for people with a learning disability that enable and support the individual to participate in the activities of everyday life. Referrals from individuals or through professionals.

E: Fife-uhb.LDReferrals@nhs.net T: 01383 565230

Fife Council Social Services

Social care services in the home, within residential accommodation and in day care centres.

T: 03451 551503 (social work enquiries)

Fife Gingerbread

Support, advice and information to lone parents in Fife, with a view to empowering them and promoting their welfare. Groups in Cupar, Glenrothes, Leven, Kirkcaldy and Cowdenbeath. They also offer one to one support, home visits and phone support.

E: info@fifegingerbread.org.uk T: 01333 303124 W: www.fifegingerbread.org.uk

Fife One Stop Shop

Based in Kirkcaldy and offering information and advice to people with autism, their families and professionals.

E: fifeoss@scottishautism.org T: 01592 645350 W: www.scottishautism.org/services-support/support-families/fife-one-stop-shop

Fife Society for the Blind

One-to-one befriending service for adults of any age living with visual impairment or blindness. Offers sight support and assessments in the home to promote better independence as well as advice and training on using the latest technology

E: info@fifesociety.com T: 01592 644979 W: www.fifesociety.com

Fife Voluntary Action

Short, time-limited (approx. 16 weeks) goal-specific befriending projects for adults in Fife who are challenged socially due to disability, mental health, bereavement, retirement or geography and who seek to increase their levels of independence, by improving their volume of social contact, competency and ability to access activities or services.

E: info@fifevoluntaryaction.org.uk T: 0800 3896046

Fife Young Carers

Fortnightly support groups for juniors (aged 8—12) and seniors (12—18) in various places.

E: admin@fifeyoungcarers.co.uk T: 01592 786717 W: www.fifeyoungcarers.co.uk

GIRFEC Fife

New one stop shop providing information, resources and listings of services across Fife related to children and young people.

W: www.girfec.fife.scot

Homelands Trust—Fife

Independent Fife-based charity providing luxury accessible self-catering holiday accommodation for people with disabilities and long term health conditions.

E: kimob@homelands-fife.co.uk T: 01333 329039 W: www.homelands-fife.co.uk

Kindred

Emotional and practical support to families of children and young people with disabilities. National helpline and advocacy service for parents/carers. Free events and one to one coaching sessions related to transitions: Edinburgh based but open to people across Scotland.

Helpline: 0800 031 5793 E: enquiries@kindred-scotland.org W: <http://www.kindred-scotland.org>

LGBT Youth Scotland

Groups for Lesbian, Gay, Bisexual and Transgender young people aged 13-25. Offers 1-2-1 support.

T: 0131 555 3940 E: info@lgbtyouth.org.uk W: www.lgbtyouth.org.uk

Lead Scotland: Fife Befriending Service

A service is for adults in Fife who feel isolated, lonely or disconnected as a result of disability, ill health or other circumstances. Volunteer Befrienders support people to improve their confidence and connect more with their community.

Contact: Louise Andree E: landree@lead.org.uk T: 07950 771875 W: www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator

The Mix

Free, confidential helpline service for young people under 25 and online information, articles and blogs addressing common issues affecting young people.

T: 0808 808 4994 (Freephone) E: admin@getconnected.org.uk W: www.getconnected.org.uk

No Panic

National UK helpline and information service supporting people with anxiety disorders including panic attacks. Youth helpline service available.

Helpline: 0844 967 4848 (youth helpline for 13—20 year olds, open 3.00—6.00 Monday to Friday)
T: 0330 606 1174 W: www.nopanic.org.uk

PAMIS - in partnership with people with profound learning disabilities and their carers

Supports families, carers and professionals of children/adults with profound learning disabilities.

T: 01382 385154 E: tayside@pamis.org.uk W: www.pamis.org.uk

Quarriers

Information, support and advice on managing conditions and maintaining a healthy lifestyle. Advice on issues such as benefits, housing and employment, and help to access appropriate support.

W: www.quarriers.org.uk

Quarriers Epilepsy Fieldwork Service – Fife

Contact: Gaye Kelly T: 01592 644307 (landline), 07900 470432 (mobile) E: gaye.kelly@quarriers.org.uk

Respite Fife

Services for adults with mild to moderate learning difficulties, living in the community. Offers short respite breaks through the week or at weekends.

E: respitefife@blueyonder.co.uk T: 01592 269399 W: www.respite-fife.org.uk

Richmond Fellowship

Tailored support for people with learning disabilities and mental health problems, most of whom have their own tenancies. Includes practical tasks, community involvement, counselling services and crisis services.

T: 0845 013 6300 W: www.trfs.org.uk

RNIB Vision Support Service

Visual assessment and full report covering independence and life skills, relating to the young person's interests, abilities and aspirations for the future.

E: Linda.cruikshank@rnib.org.uk T: 01592 646015

Salvesen Mindroom Centre

Committed to raising awareness of all types of learning difficulties, and providing practical advice, essential information and tailored support.

T: 0131 475 2330 W: <http://www.mindroom.org/>

The Scottish ADHD Coalition

Links the voluntary organisations providing support to adults and children with ADHD and their parents, carers and families. Website has information on local support groups.

W: www.scottishadhdcoalition.org

Scottish Autism

Information, advice and support services in relation to autism spectrum disorders. Day, vocational and residential services across Scotland including residential transition services for young people in Lanark and Biggar and an independent day/residential school in Alloa.

T: 01259 720044 E: autism@scottishautism.org W: www.scottishautism.org

Sense Scotland

Support for children and adults who have complex communication support needs.

T: 0300 330 9292 E: info@sensescotland.org.uk W: www.sensescotland.org.uk

Spina Bifida Hydrocephalus Scotland

Supports children, young people and adults.

Helpline: 03455 211300 E: mail@sbhscotland.org.uk W: www.sbhscotland.org.uk

► **Support to speak up**

Advocacy in Fife – Circles

Advocacy in Fife can work with people over 16 with a range of difficulties including learning disabilities, mental health issues, physical impairments, autism, acquired brain injury, chronic illness and personality disorders. Offices in Kirkcaldy and Dunfermline.

E: info.fife@circlesnetwork.org.uk T: 01592 645360 W: www.circlesnetwork.org.uk

Dunfermline Advocacy Initiative

Supports and promotes the rights of adults with learning disabilities in West Fife. Ensures people with learning disabilities have support to make decisions about things that affect their lives and that they have access to the same rights and privileges as the rest of the community.

E: enquiries@dunfermlineadvocacy.org T: 01383 624382 W: www.dunfermlineadvocacy.org

Equal Voice in Central Fife

Matches people with learning disabilities with local volunteers who support them to participate more in their community, particularly in relation to decision making.

T: 01592 65375 W: www.equalvoice.org.uk

Who Cares? Scotland

Advocacy, advice and support to young people who are or have been looked after.

T: 0141 226 4441 E: enquiries@whocaresScotland.org W: www.whocaresScotland.org

► **Activities and interests**

Disability Snowsport UK (Aviemore)

Access to snow sports for people with any disability throughout the UK.

T: 01479 861272 E: admin@disabilitysnowsport.org.uk W: www.disabilitysnowsport.org.uk

Disability Sport Fife

Weekly programme of sports specific and multi-sports sessions for children, young people and adults with a physical, sensory or learning disability. Committed to increasing participation, developing athlete potential and encouraging volunteers into coaching.

Contact: Norma Buchanan **E:** norma.buchanan@fife.gov.uk **T:** 03451 555555 **W:** www.fifeleisure.org.uk

Disabled access holidays throughout Scotland

List here: <http://www.disabledaccessholidays.com/>

Drumatik Drum Group

Challenges ideas and stereotypes about people with a learning disability by developing gifts, skills and talents and sharing these with the wider community. Join through the website.

E: charles@drumatik.com **W:** www.drumatik.com

ENABLE Scotland ACE Youth— Glenrothes

Inclusive new youth group in Glenrothes for those aged 14—25 and with a learning disability.

E: stuart.cumming@enable.org.uk **T:** 07889 456668

Helping Hands Leisure Club

Leisure and recreation activities for people with learning disabilities.

E: susanwfhclub@btinternet.com **T:** 01383 736693

Hit the Road (Glasgow and touring)

A chance to learn about the music industry through training, workshops and rehearsals before hitting the road to tour. The project is for musicians of any genre aged 14—19 and those interested in behind the scenes work/sound production/engineering.

T: 0141 552 5222 **E:** info@hittheroad.org.uk **W:** <http://hittheroad.org.uk>

Kingdom of Fife Fletchers—Archery Club

Kingdom of Fife Fletchers (incorporating Disability Sport Fife archers) provides archery coaching and training facilities for able-bodied and disabled people.

E: murray.elliott.web@gmail.com **FB:** www.facebook.com/pg/KingdomOfFifeFletchers

Music Plus +

Offers young people aged 14-19 a chance to take part in music activities from instrumental and technical tuition to song-writing, new technology, DJ and rapping skills, sound engineering and entrepreneurship.

T: 0141 552 5222 **E:** musicplus@scottishmusiccentre.com **W:** www.musicplus.org.uk

Riding for the Disabled Association

Riding opportunities for riders with physical and learning disabilities.

W: www.rda.org.uk/rda-groups/

Shiresmill Therapy Riding Centre

Therapy riding and related activities for children and people of all ages with physical disabilities, medical conditions, learning difficulties and youngsters on the autistic spectrum.

T: 01383 882700 **W:** www.shiresmill.org

East Fife and Scooniehill

Riding therapy for a broad cross section of the community from young school children to adults. Lessons normally last 1 hour and accommodate four riders.

E: marlenerowan@aol.com **T:** 01333 352767 **W:** www.scooniehillrda.org.uk

Scottish Disability Golf & Curling

Anyone who has a disability or serious health problem that interferes with playing golf can become members of Scottish Disability Golf. Carers, guides or family members may also join.

E: disabledcurling@gmail.com **T:** 07903 596552 **W:** www.scottishdgc.org.uk

Scottish Disability Sport

Information on sports including football, swimming, tennis, athletics and curling.

T: 0131 317 1130 **E:** admin@scottishdisabilitysport.com **W:** www.scottishdisabilitysport.com

► Transitions projects and services

Applied Care and Development Residential Transitional Services (Dumfries)

A residential service for 18 to 24 year olds to assist steps towards independence.

T: 01387 760260 E: info@appliedcare.co.uk W: www.appliedcare.co.uk/our-services.aspx

Glasgow Caledonian University—Summer Transition Programme

Programme for students with autism or Asperger's syndrome run by the disability team with the National Autistic Society (Scotland). Aims to provide a smoother transition to incoming students; improve take up of course places; assist with assessment of needs before the start of the academic session; and improve retention among students with autism.

W: <http://www.gcu.ac.uk/student/disability/prospectivestudents/summertransitionprogrammeautismaspergers/>

National Autistic Society Transition Support Service

Information and advice on the transition to adulthood for young autistic people aged 14 and over, and their parents and carers. Includes confidential information and advice by phone or email, an explanation of rights and entitlements, and guidance and support on specific issues such as engaging the young person, making a complaint, or appealing a decision.

T: 0808 800 0027 (leave a message and you will be called back)

E: transitionsupport@nas.org.uk W: www.autism.org.uk/transition

RNIB – Looking to the future

Helps blind/partially sighted people aged 15 to 25 move from school to college, university, training or work through one to one transition support. Includes exploring options, making a plan, making useful links, developing confidence, group work, events and introduction to other RNIB services. Free online elearning course for young people experiencing barriers to transitions: register here <https://rnib.enetlearn.com/Lookfuture>

Contact: Ellen Verth T: 07872 111165 E: ellen.verth@rnib.org.uk W: <http://www.rnib.org.uk/scotland/rnib-scotland-looking-future>

contact For families
with disabled children



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