

Autistic Spectrum Disorder

Support Services



Forth Valley Wide

National Autistic Society

The UK's largest provider of specialist autism services. Find services for:

- people with autism
- parents and carers
- professionals.

Autism Helpline: 0808 800 4104

The Autism Helpline provides impartial and confidential information, advice and support.

Parent to Parent Service

A confidential telephone support service for parents of an adult or child on the autism spectrum

Community Care Service

Getting the help you need from your local social services department.

Information Centre

Provides professionals and researchers with a wide range of resources on autism topics.

Signpost

Online search facility provides information, advice and services tailored to your specific needs.

Education Rights Service

Information, support and advice on educational provision and entitlements for parents

Welfare Rights Service

Advice and information on all aspects of social security benefit entitlement.

Scottish Autism

Scottish Autism, formerly the Scottish Society for Autism, is a Scottish registered charity established in 1968 and works together with persons with autism spectrum disorder (ASD), their families, carers, and other organizations, agencies, and individuals in Scotland to: Provide and promote exemplary services and training in education, care, support and life opportunities for persons of all ages with ASD; Influence policy and practice to ensure the best possible education, care, support and life opportunities for persons of all ages with ASD; Raise public awareness about what ASD is, and how it affects the lives of individuals and families in Scotland.

Contact:
Hilton House, Alloa Business Centre
The Whins
Alloa
FK10 3SA

Tel: 01259 720044
Fax: 01259 720051
Email: autism@scottishautism.org
www.scottishautism.org

Scottish Autism - Advice Line

The Advice Line is available to families and professionals who are seeking information and support about autism. Whether looking for services or just generally seeking advice, our Autism Advisors are here to help. The Advice Line is open Mon-Fri 9am-5pm.

Autism Support Team
Hilton House
Alloa Business Park
Alloa
FK10 3SA

Tel: 01259 720 044
Email: autism@scottishautism.org
www.scottishautism.org

PLUS Forth Valley

PLUS aims to provide a better quality of life for children and young people with disabilities and their families across the Forth Valley through social inclusion and regular short breaks.

Some of the projects include:

Play and Chat @ Plus (Birth – 5 years):

- This group aims to support parents across the Forth Valley whose children have: additional support needs, developmental delays, disability, medical conditions, and communication difficulties. Siblings are also welcome to attend.

Play Plus (5 to 11 years):

- Provides support for children to attend holiday, weekend and evening play activities. A focus is placed on venue-based play and social opportunities, with a wider range offered during summer, including soft play, swimming and trips out.

Plus Youth (12 – 17 years):

- Provides holiday, weekend and evening community based activities. Young people can choose from a wide range of activities, such as

dance, sports, drama, arts and crafts, outdoor activities or just 'chilling out'.

The Bank and 26 Plus (over 25 years):

- Most of the members of The Bank Project and 26+ have come up through the age specific projects. From an early age they develop relationships with their peers and strike up long lasting friendships which they can maintain through attending regular events.

Contact:

Tel: 01786 450 086

Email: mail@plusforthvalley.org.uk

www.plusforthvalley.org.uk

Central Advocacy Partners (Forth Valley Wide)

Our advocacy workers help young people to have their views heard. Central Advocacy Partners believe that young people's voices are important. Advocacy workers work for young people on the Autistic Spectrum and only take instructions from the young person they are supporting. An advocacy worker can support a young person to make decisions by helping them to get the information they need to make informed choices.

We work with people when they are going through changes in their lives or have big decisions to make for examples relate to, school, college, employment, housing, health, money, transport or making plans for the future.

Contact:

27 West Bridge Street

Falkirk

FK1 5RJ

Tel: 01324 633321

Email: info@centraladvocacypartners.org.uk

Forth Valley Disability Sport

Forth Valley Disability Sport aims to develop, support and promote opportunities for sport and physical activity for people with a disability in the Clackmannanshire, Falkirk and Stirling areas. The range of sports, including skiing, athletics and swimming are aimed at a wide variety of skill levels. Uses qualified coaches with schools and sports centres. The service accepts volunteers, and clients can be referred by any agency, or self-referred.

Contact:

Graham Harvey, Branch Coordinator

Forth Valley Disability Sport

Gannochy Sports Centre, University of Stirling

Stirling
FK9 4LA

Tel: 07527 147 685
Email: info@fvds.org.uk
www.fvds.org.uk/branch/contactus/

Stirling/Clackmannanshire

Stirling Carers Centre

Stirling Carers Centre offers information and advice to carers and siblings of someone with autism/Asperger syndrome on issues such as community care services, welfare rights and benefits, holidays, respite, aids and adaptations. Also provides practical and emotional support to adults and young carers through a one-to-one listening ear service. They also provide a young carers group which can be accessed via referral, either by a professional or by self-referral.

Contact:
Information Officer
65-69 Barnton Street
Stirling
FK8 1HH

Tel: 01786 447 003
Fax: 01786 474 143
Email: info@stirlingcarers.co.uk
www.stirlingcarers.org

Stirling Additional Support Needs Outreach Service

Our ASN outreach service provides support to all schools and educational establishments, children, young people and parents. The service is made up of a range of teams one of which is the autism spectrum disorder (ASD) team.

Contact:
Christine Stones, Co-ordinator
Raploch Community Campus
Drip Road
Stirling
FK8 1SD
Tel: 01786 272333
Email: asnoutreach@stirling.gov.uk
www.stirling.gov.uk

Aberlour Child Care Trust

Aberlour works in Scotland with and for children, young people and families who need additional support, to promote their development and well being. These services include long term residential care, a range of short break services, which includes a number of small residential projects, a family based scheme and outreach services such as befriending, sitting services and play schemes. The children and young people all have different abilities and include those who are physically dependent and those whose behaviour can represent a serious challenge to their families or those who care for them.

Contact:

Aberlour Child Care Trust
36 Park Terrace
Stirling
FK8 2JR

Tel: 01786 450335

Fax: 01786 473238

Email: enquiries@aberlour.org.uk

www.aberlour.org.uk

Clackmannanshire Carers Centre

The aim of the Princess Royal Trust Carers Centre (Falkirk and Clackmannanshire) is to provide information, advice and support to carers. The Centre can provide information on a wide range of topics including benefits, holidays, support groups, respite care and more and can direct carers to appropriate help and services. The Centre is managed by a Committee drawn from the membership of Central Carers Association, a voluntary organisation comprising carers and those with an interest in carers' issues. Central Carers Association manages the Princess Royal Trust Carers Centre in Falkirk, the Young Carers Project, the Befriending Project and the Carers Office in Alloa

Contact:

Alloa Carers Office
Ludgate House
Mar Place
Alloa
FK10 2AD

Tel: 01259 226839

Email: centre@centralcarers.co.uk

<http://centralcarers.org/>

Home-Start Clackmannanshire

Home-Start offers support, friendship and practical help to families with young children across Clackmannanshire. Home-Start offers a unique service, recruiting and training volunteers, who are parents themselves, to visit families at home who have at least one child under 5 to offer informal, friendly and confidential support. Any type of referral is accepted. Once a family has been referred and a referral form has been completed, Home-Start Clackmannanshire will arrange to visit the family to discuss their needs and answer any questions they may have. Home-Start Clackmannanshire will then 'match' the family as quickly as possible with a suitable volunteer, who will be introduced to the family and will visit weekly at an agreed time for as long as there is a need.

Contact:

Anne Dornan, Manager
Town Hall Lodge
Mar Place
Alloa
FK10 2AB

Tel: 01259 213453

Email: homestart@hsclacks.co.uk

www.hsclacks.co.uk

Alloa Family Centre

The Centres provide a wide range of flexible day care services ranging from the traditional day nursery service to a more structured support service to children and families with special needs. The Centre is open Monday-Friday from 8am-5pm with some evening meetings. Although a lot of the work is with under-fives and their parents, some services for older children are also provided.

Contact:

Ann Donnan, Manager
East Castle Street
Alloa
Clackmannanshire
FK10 1AT

Tel: 01259 218722

Email: customerservice@clacks.gov.uk

www.clacksweb.org.uk/children/alloafamilycentre

Vue Cinema Autism Friendly Screenings

In our autism-friendly screenings, the lights are left on low, the sound is turned down and trailers and adverts aren't played. When you book tickets for an autism-friendly screening, you'll be asked to choose allocated seats but we do encourage guests to move around during the screening and make a bit of noise.

Vue Stirling hosts an autism-friendly screening at 10am on the last Sunday of every month.

www.myvue.com/cinema/stirling/accessibility

Falkirk

The Princess Royal Trust Carers Centre

The Carers Centre provides information and support to those who are caring for a family member, friend or neighbour who needs help because of long term illness, disability or age-related difficulties.

The Carers Centre seeks to ensure that carers of all ages in Falkirk district and Clackmannanshire are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

At the Carers Centre we help carers access emotional, practical and financial support.

Office Hours:

Monday to Friday 9.00am to 5.00pm

Drop In Hours:

Monday to Thursday 9.30am to 2.30pm

Friday 9.30am to 1.00pm

All visits outwith drop in hours are by appointment only.

Address:

1a Bank Street

Falkirk

FK1 1NB

Tel: 01324 611510

Fax: 01324 622022

Email: centre@centralcarers.co.uk

www.carersfalkirk.org.uk

Falkirk Council: Children with Disabilities Team

The Children with Disabilities Team offers a specialist social work service to children with disabilities and their families. Such disabilities include:

- learning disabilities
- physical disabilities
- sensory impairments
- life-limiting and long-term illness
- autism

Based on the outcome of an initial assessment of needs, we can provide a range of services to help suit your needs.

The services we provide include:

- assistance in the home, including the provision of specialist equipment if required
- short breaks away from home for your child
- access to an activity scheme that provides social and recreational opportunities during school holidays
- the provision of youth clubs and befriending throughout the year
- information about benefits and support with applications

Children with Disabilities Team

Falkirk Council
Camelon Centre
108b Glasgow Road
Camelon
FK1 4HS

Tel: 01324 504343

The Falkirk Autistic Bairns (FAB)

FAB was formed due to a lack of specialised recreational facilities or support for children on the autism spectrum and their families. We run a youth club every Saturday during term-time in Stenhousemuir that children attend with their parents. We have a sensory room, learning tablets, a Wii and a large physical play area for the children to enjoy, while parents can relax and have a coffee and chat.

Contact

Tel: 07591 050111

Email: falkirkautisticbairns@gmail.com

www.falkirkautisticbairns.org.uk

Sky High Trampolining

A Supporting Sunday Bounce Session

Trampolines are a valuable tool for improving the lives and behaviours of children and adults with autism and other additional needs.

We have set aside an hour of jump time for those with additional needs and their carers every Sunday to help build social skills, motor skills, keep active and have some fun!

Carers bounce for free, excluding jump socks at £2 (these are required but reusable).

Address:

Bankside Industrial Estate

Castle Laurie

Falkirk

FK2 7XF

Tel: 01324 460668

Email: info@skyhightrampolining.com

<http://skyhightrampolining.com/>