

## **ACTIVITIES!**

### **Activities in East Renfrewshire area and beyond for children and young people with ASN**

#### **ACTIVITIES AND CLUBS**

##### **Inclusive Support Team:** For Over 5's:

East Renfrewshire Council run holiday clubs via the Inclusive Support Team and these are free for those on DLA middle rate or higher, and offer more of a mix with arts/crafts/drama, etc. (at Easter, Summer \*3 weeks and October holidays). Inclusive Support Team also offer activities for young people on some evenings and can also offer some 1:1 for children to access activities, but this aspect of the service is dependent on a Social Work referral and identified need.

**Contact Inclusive Support Team on 0141 577 8300**

**SupER kids:** clubs and sessions organised at a variety of times during the week on a partnership basis between a local Parents Committee and the Council Inclusive Support Team (0141 577 8300). Route in to these activities is via Inclusive Support Team. Call them to get added to the mailing list and get more information.

Information also available from [www.superkids.org.uk](http://www.superkids.org.uk) and [superkids2011@icloud.com](mailto:superkids2011@icloud.com)

**Giffnock Soccer Academy** at Eastwood Park have scope for offering additional support to children with Autism and other additional support needs at their Saturday morning football sessions. Contact [giffnockscdev@gmail.com](mailto:giffnockscdev@gmail.com) for more information

**Horseriding:** Linn Park Equine Centre have RDA status and a number of families have used this with their children with ASN 0141 639 9745

**Linn Park Adventure Playground** is also used by a number of families. Open 10-4 to families at weekends for children 5-12. All children are welcome though at busy times priority will be given to children with additional support needs 0141 633 1493

**Sporty Kids in Thornliebank (softplay)** offer their facilities free to families with a child with ASN on the first Monday of the month. From 6-8pm. Siblings can also attend. Please call Cosgrove Care for details/booking 0141 620 2500

**Swimming Lessons for children with ASN:** Eastwood High and Neilston Leisure Centre. Please check council website for up to date details of these:  
Also swimming Sessions which are free for children with ASN on last Sunday of the month on a rotational basis in different pools throughout the authority. Call East Renfrewshire Culture and Leisure 0141 577 3008 for up to date information.

##### **ASN Youth Services:**

East Renfrewshire Council offer a variety of clubs for young people 12 years and above. Check website or contact [Alison.burton@eastrenfrewshire.gov.uk](mailto:Alison.burton@eastrenfrewshire.gov.uk) for details

**East Renfrewshire ASN Parents Action Group** offers activity sessions for children and details can be gained by emailing [erasngroup2015@yahoo.com](mailto:erasngroup2015@yahoo.com)

**The Sensory Experience** at Hillington is a multisensory room at The Experience which can be used by carers and young people up to the age of 21. Please contact 0141 883 4005 for details

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

**The Saturday Café** is a voluntary organisation which offers weekend clubs, evening youth clubs and holiday clubs for young people with additional support needs. These are run from Cathcart Parish Church. Application is made via an open day once a year at the end of April approximately. They can be contacted via their Facebook page for more information (Saturday Café and Associated Clubs)

**Bricks For Kids** – Lego activities Summer Camp/October Camp/birthday parties in Glasow Southside and City Centre; they offer full and half day sessions. Call 07971 515 141 for details on pricing and forthcoming sessions or [cbarr@bricks4kidz.com](mailto:cbarr@bricks4kidz.com)

## **GRAVITY** SOAR GLASGOW

Trampolining has been shown to help with a wide range of sensory, developmental and physical disabilities. In our Disability Sessions, the whole park and its facilities are made exclusively available to members of recognised disabled groups and societies and caters for a wide range of disabilities.

Our tailored Disability Sessions with specially trained marshals offer a completely dedicated yet fun environment focussed on sensory engagement, offering therapeutic exercise to participants.

Mon 18:00 | Wed 10:00 | Sun 10:00

## **Music**

### **Riverside Music College**

**Music Tuition** (has been useful for other children with ASN)  
Riverside Music College  
28 Field Road  
Busby, Glasgow, G76 8SE

## **Art**

### **Project Ability**

**Project Ability** is a Glasgow-based visual arts organisation with an international reputation for excellence. They create opportunities for people with disabilities and people with lived experience of mental ill-health, aged 5 years to 80 plus, to express themselves and achieve their artistic potential.

**Project Ability**  
**103 Trongate**  
**Glasgow**  
**G1 5HD**

0141 552 2822

[info@project-ability.co.uk](mailto:info@project-ability.co.uk)

[www.project-ability.co.uk](http://www.project-ability.co.uk)

## **RYZE Glasgow**

Not specific disability sessions, but parents report early mornings are good for toddlers and early in the day is much quieter and possibly more suited to children with ASN.

<https://www.ryze.co.uk/locations/glasgow>

## **Autism Specific Activities**

**KAOS Club** via Carlibar Communication Unit: Tuesday evenings 7-8pm £2.50 for children who are linked with the CCC (siblings too of primary school age). Parents generally have a coffee and a chat at the same time (0141 577 4100)

## **Girls Group run by Youth Services**

Group for girls with Aspergers on a Wednesday after school at The Edge in Newton Mearns. Contact Alison Burton for more information contact

[Alison.burton@eastrenfrewshire.gov.uk](mailto:Alison.burton@eastrenfrewshire.gov.uk) on how to register.

## **National Autistic Society**

<http://www.autism.org.uk/services/community/group/scotland.aspx>

### **Social groups in Scotland - NAS**

The NAS Social Groups Programme is a Scotland-wide, locally run, programme that offers opportunities for young people with autism to socialise, mix with peers. Age 16 plus and Glasgow based.

Sandra Buckley

Social Programmes Manager (Scotland)

0141 285 7118 or 0141 2218090

## **Autism Friendly Screenings at Cinemas**

See the Dimensions website below for info on what's on at cinemas in your area.

<https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>

## **Autism Friendly Performances**

Most of the larger theatres will offer these around Panto time and sometimes for other children's performances throughout the year. Check with individual theatres for details.

### **Science Centre Glasgow:**

Autism friendly sessions on Sunday mornings. Check website for details.

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

### **Autism Hour**

*Check locally (google search) for various shops/services offering an hour where their environment will be made autism friendly in October 2018*

## **What is an Autism Alert Card and how do I get one?**

The card can be presented to staff (not just emergency personnel) in all kinds of situations where communication is difficult for the person who has an ASD (adult or child), or there is the risk that their behaviour might become inappropriate or open to misinterpretation.

The Alert Card carries details of a personal contact who can be contacted for immediate assistance, as well as contact details of the Autism Resource Centre and The National Autistic Society Helpline. The card is available free of charge to adults, children and young people with ASD who are resident within the Strathclyde Police area, on completion of a simple two-page form, obtainable from the Autism Resource Centre.

<https://www.glasgow.gov.uk/index.aspx?articleid=17216>

### **Social Care Organisations that can provide support for children in activities (with a cost)**

#### **Cosgrove Care**

Based in Giffnock they can offer 1:1 support to enable children to participate in activities. Contact 0141 620 2500 or [www.cosgrovecare.org.uk](http://www.cosgrovecare.org.uk)

#### **Sense Scotland**

Can offer 1:1 for children and also have activities on offer for children from their Touchbase resource in Kinning Park. Contact 0300 330 9292

<http://www.sensescotland.org.uk/what-we-do/support/support-for-children-and-families.aspx>

#### **The Richmond Fellowship Scotland**

Have recently become registered to provide support services for children in East Renfrewshire and these are being developed Autumn 2018

**0141 580 0060**

## **Discounts Available for Carers/Young People**

### **CEA Card**

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

Entitles the person accompanying the young person free entry to the cinema.

Applications can be made online

### **Eligibility**

You will need to provide evidence that the card holder receives one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

You will need to send a copy of the awarding letter from DWP or a statement confirming receipt of the allowance for **the person requiring assistance** (the card holder).

This should be dated within the last 12 months.

### **Safari Park Blair Drummond**

Carer will go free: need to buy tickets at venue, not available online

(Proof of entitlement, such as a letter from the DLA, or a carer's ID badge, will be required) <https://www.blairdrummond.com/>

### **Heads of Ayr Farm Park**

Slight Discount for Carer <http://www.headsofayrfarmpark.co.uk/tickets/ticket-prices/>

### **Science Centre**

Carers go free when accompanying a child or young person with ASN/

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

## **Travel**

### **National Entitlement Card**

Those in receipt of High Rate Mobility or middle rate care can apply for a National Entitlement Card (and a companion card if eligible) to use buses for free and use rail, subway and ferries at a discounted rate.

<http://www.eastrenfrewshire.gov.uk/disabled-nec>

### **Blue Badge: East Renfrewshire 2018**

Those with a diagnosis of a mental disorder or cognitive impairment and confirmation of this in writing AND in receipt of DLA High Rate Care AND with a health professional involved (not a GP) who can complete Section 3 are entitled to a Blue Badge

Those with an official diagnosis of mental disorder or cognitive impairment AND In receipt of Middle Rate Care AND with a health professional involved (not a GP) who can supply a supporting letter and complete Section 3 MAY be entitled to a Blue Badge under the new rules

<http://www.eastrenfrewshire.gov.uk/blue-badge>

### **Assistance at Glasgow Airport**

<https://www.glasgowairport.com/at-the-airport/airport-services/>

Passengers with hidden disabilities can be provided with a Lanyard from the Help Desk to assist in the airport/aeroplane environment to help others to be aware that they have additional needs/get priority in queues etc

#### *Tip from a parent;*

You might want to write some brief info on a laminated card, about some of the different ways that your child may communicate, which can be shared with people sitting next to you on a plane/train etc. May make others more understanding...

#### *Tip from a parent:*

Always check out the seating plan for planes/trains etc in advance and request the seats that best meet your child's needs.