



# Aberlour Falkirk Services

Children, young people  
and family support services

# About Aberlour Children's Charity

Aberlour is one of the largest Scottish children's charities, helping to improve the lives of Scotland's children and young people. At Aberlour we know that not all children are born with an equal chance. Together, we will be brave for children, young people and families and will overcome poverty, disadvantage and discrimination.

Aberlour's mission is to reach Scotland's children as early as possible to stop damage being done, before families reach crisis point, before it's too late. Taking action quickly, significantly improves long-term outcomes for children and young people.

Aberlour provides a wide range of services including:

- **Residential care and fostering:** we provide safe, loving homes for children who have experienced trauma and abuse
- **Early intervention:** we work with young people and families to prevent their problems from spiralling out of control
- **Early years:** we give babies a brighter future by building confidence in their parents
- **Disability:** we make life easier for families who have a child with a disability.
- **Recovery:** we help parents to recover from drug and alcohol misuse, poor mental health and domestic abuse, so their children can thrive

[Read more about our 2021-2025 strategy here.](#)



# Aberlour Early Years Outreach

We give parenting support to families with children under the age of five. We understand that looking after very young children can be difficult and sometimes parents need extra help.

We work in families’ homes and their communities, where there are concerns relating to social isolation, domestic abuse, mental health, child welfare, child development or problematic substance use. We aim to help parents gain the skills they need to become confident and secure with happy, thriving children.

## How we help

- Parenting programmes (1:1 or in groups)
- Mental Health & wellbeing programmes (1:1 or in groups)
- Sleep Scotland Counselling (1:1 or in groups)
- Parenting Assessment : joint work with Social Work colleagues
- Individual work with families so they have all the information they need
- Childminders: short-term placements to allow parents to attend appointments, recuperate from illness and benefit from respite

## Geographical areas covered

Airth, Bantaskine, Bothkennar, Camelon, Carronshore, Dunmore, Denny, Dunipace, Fankerton, Grangemouth, Haggs, Head of Muir, Larbert, Letham, Longcroft, Skinflats, Stenhousemuir, South Alloa, Stoneywood, Tamfourhill, and Torwood

## How to make a referral

Any agency can make a request on behalf of a family. If you would like more information about Aberlour Early Years Outreach in Falkirk, or to discuss referring a family, please contact:

**Tel:** 01324 503494 | **Email:** falkirkservices@aberlour.org.uk



# Aberlour Primary Years Outreach

We're here to help! We offer telephone and community support to families in Falkirk with children aged 5-12 years old. Our focus is on supporting children experiencing emotional distress including:

- Anxiety
- Depression
- Managing emotions
- Self-harm
- Social relationships
- Trauma

## How we help

We provide flexible support including:

- Individual and group mental health and wellbeing support programmes for children and families affected by emotional distress.
- Telephone support line.
- Matching Volunteer Befrienders with a child or family.
- Connecting families to other agencies or community networks for more information and advice.

## Geographical areas covered

Falkirk Council area

.....

## How to make a referral

Anyone can get in touch with us for more information and support. Please contact:

**Tel:** 0800 015 5511 | **Email:** falkirkservices@aberlour.org.uk





# Aberlour Intensive Perinatal Support

We offer support to families affected by substance use to have the best start in life. We work with new mothers during pregnancy up to their baby's 1st birthday.

Welcoming a new baby is a very exciting time in a family's life. It is filled with opportunities to have a fresh start. Our hope is for parents to be better equipped to provide a safe, loving, and consistent family environment for their child.

## How we help

- Practical and emotional support to help children stay with their families
- Individual work with families establishing household routines, understanding child development and promoting the value of play
- Ensuring parents have access to financial supports and household resources
- Supporting parents with their mental health and well being through various activities
- Accompanying parents to various appointments including ante-natal, support with addiction recovery and strengthening positive relationships with family members and friends

## Geographical areas covered

Delivered across Forth Valley the service covers Falkirk, Stirling and Clackmannanshire areas.

.....

## How to make a referral

Any agency can make a request on behalf of a family. If you would like more information about the Aberlour Intensive Perinatal Support Service in Falkirk, or to discuss referring a family, please contact:

**Tel:** 01324 503494 | **Email:** falkirkservices@aberlour.org.uk



# Aberlour Sustain Falkirk

The aim of our Sustain services is to ensure families stay together where possible. We help families with children aged 12-18 years, who are at risk of being taken into care, by providing personalised support within the home, helping parents to create a secure and nurturing environment for their children.

We work with whole families when they need us. Our intensive planned support includes evenings and weekends between 7:30am-9pm. We support parents and carers to develop their ability to care for their children, provide practical parenting skills and help build their ability to engage with the community.

## How we help

- Working alongside young people to manage changes in their lives
- Connecting families to their community
- Supporting ongoing learning opportunities including promoting life skills, positive mental well being through social activities
- Being there for young people and parents at appointments and supporting them to strengthen relationships with extended family members and friends

## Geographical areas covered

Falkirk Council area

.....

## How to make a referral

Referrals can be made directly through The Children’s Services Resource Group. If you would like more information about Sustain Falkirk, or to discuss referring a family, please contact:

**Mary Page**

Service Manager

**Tel:** 01324 503494 | **Email:** [sustainfalkirk@aberlour.org.uk](mailto:sustainfalkirk@aberlour.org.uk)



# Aberlour Perinatal Befriending Support

We help mums struggling with anxiety and depression in pregnancy, and after their baby is born. We match the mums with one of our highly-trained perinatal befrienders, who offer emotional support to help tackle poor mental health and well being.

Our befrienders are there for mothers throughout their pregnancy, until their baby is one. As a result, this relationship helps mum, her partner and immediate family. We aim to improve parents’ mental health, reduce social isolation and promote healthy attachments between baby and parents.

## How we help

- Weekly visits, phone calls or outings with a volunteer befriender focussing on activities that promote positive changes
- Digital support including text, video calls and links to online resources
- High-quality listening support to help women rebuild confidence to reconnect and build new connections that will endure beyond service support

## Geographical areas covered

Based in East Lothian and Forth Valley, covering Falkirk, Stirling and Clackmannanshire areas.

.....

## How to make a referral

Any agency can make a request on behalf of a family. Parents can also make a self-referral. If you would like more information about the Aberlour Perinatal Befriending Service, or to discuss referring a family, please contact:

**Emma Cashmore-Gordon**

Service Manager

**Tel:** 01324 503495 | **Email:** perinatal.befriending@aberlour.org.uk



# Aberlour Family Support Centre - Langlees

We provide individual support to families affected by adversity such as poverty, substance use and disability. Support is provided in the families’ own homes, in the community and/or at our centre in Langlees. We also provide specific supports to families affected by emotional, sexual, physical or domestic abuse and neglect.

## How we help

We provide support based on the family’s needs and can include:

- Play Together, Learn Together sessions for children aged between 1 and 3 years
- Individual and group mental health and wellbeing support programmes for children and families affected by emotional distress
- Parenting skills support including setting routines
- Trauma Recovery Service for those affected by abuse and neglect
- 1-1 and Peer Support

## Geographical areas covered

Falkirk Council area

.....

## How to make a referral

Anybody can make a request to the service for support. If you would like more information about the Aberlour Family Support Centre in Langlees, or to discuss referring a family, please contact:

**Angela Boyce**

Service Manager

**Tel:** 01324 638080 | **Email:** falkirkservices@aberlour.org.uk



# Aberlour Urgent Assistance Fund

**Aberlour’s Urgent Assistance Fund provides cash grants to help families with children (aged 21 and under) who are suffering extreme hardship, including the impact of the Coronavirus.**

## How we help

This support is usually via cash grants to assist with a range of needs, such as food, utilities, clothing, bedding, appliance repairs, replacement of appliances that have failed, or other essentials. We can also help in situations where emergency furniture is required – for example, for a family whose home has been damaged due to flooding, or for a parent who has fled domestic violence, leaving everything behind.

Please be aware when making your application that we do not make awards for carpets, floor coverings or electronic devices. Available funds are limited and all applications will be evaluated against evidence of a family’s financial status.

**Applications to the Urgent Assistance Fund must be completed by a professional sponsor, for example, social workers, health care professionals, teachers or other third-sector organisations.**

If you are unsure if a family’s situation would warrant a request to the fund, any of our managers in Falkirk would be happy to advise before making an application.

.....

## How to apply

For more information about the Urgent Assistance Fund, and to access the online application form, please visit:

[aberlour.org.uk/service\\_category/urgent-assistance-fund](http://aberlour.org.uk/service_category/urgent-assistance-fund)





## **Aberlour Children's Charity**

Registered Head Office  
Kintail House  
Forthside Way  
Stirling  
FK8 1QZ

**[www.aberlour.org.uk](http://www.aberlour.org.uk)**

 AberlourCC

 AberlourCCT

 AberlourCC

Scottish Charity no: SC007991

  
**aberlour**  
scotland's children's charity