

Fairview

SHIP

PAS

Dolphins

Let's Dance

Jollity Express

Fairview

Clubs

Clubs and Groups



*Not affiliated with Perth and Kinross Council

Jollity Express *

A Makaton group that just opened up in Perth. Sing and Sign Along using Makaton sessions are designed to use and learn Makaton in a fun and informal manner which is suitable for all ages and abilities.

Contact vis facebook or Perth Local

Let's Dance*

Dance classes for secondary school aged children with learning or physical disabilities.

Saturdays 26 Jan - 30 Mar, 20 Apr - 22 Jun: 3.15pm - 4.15pm

The Space, Perth Theatre

For more information and to reserve a space please contact Peter Royston 01738 477730.

Free

Swimming

This Perth Dolphins Disability Swim Club is for swimmers with physical, sensory or learning disabilities who can swim 25 metres and want to take their swimming to club standard, compete and improve fitness with a dedicated coach every week.

Web: <https://www.liveactive.co.uk/Venues/perth-leisure-pool>
TEL:01738 454654

Perth Autism *

Perth Autism Support provide regular term time and holiday programmes across Perth and Kinross for all children and young people registered with our services. We have specific programmes in place for children and young people taking place in our Perth-based building, as well as our Siblings Group and Outreach areas.

Activities take place Monday to Saturday during term time, and Tuesdays-Fridays during the school holidays (with our Young Adult Programme running every Monday).

Web: <https://www.perthautismsupport.org.uk/>

Tel: 01738 451081

S.H.I.P

S.H.I.P provide support to young people with Additional Support Needs from birth, through their school years, and beyond. This support is delivered in a variety of ways. We offer opportunities for young people to develop friendships and skills through our youth clubs, play schemes and activity club.

S.H.I.P offer weekly youth clubs where young people can relax and enjoy themselves whilst developing social and life skills in a safe, fun and friendly environment. Our play schemes operate during the school holiday periods to enable young people to participate in social outings to exciting locations with their peers.

Web: <https://www.ship-perthshire.co.uk/>

Telephone: 07713565120

Cycling

Disability Sport

Swimming

Wheelchair Sports

No Limits

Swimming

Play on Pedals

Health

Health and Fitness



Disability Sport

The charity leads the development of sport and physical activity in Perth and Kinross for people of all ages and abilities with a physical, sensory or learning disability.

Web: <http://www.pkds.org.uk/sports/>

Play on Pedals

Play Together on Pedals was designed as a sustainable project to break down the barriers young people face to participating in physical activity and to support children and families to enjoy and gain confidence through cycling.

Play Together on Pedals partners recognise how cycling can provide a means of independence, an opportunity to develop new skills and low cost way to maintain a healthy lifestyle. It has both physical and mental health benefits, is sustainable, inclusive and fun; by engaging children and young families in cycling.

Book Via : www.pkc.gov.uk/parenting

Cycling

The All Ability Cycling Project is for people who find cycling difficult or challenging. This could be due to age, confidence, disability or lack of suitable equipment or support. Cycling offers a range of physical and mental benefits including improving balance and coordination as well as building confidence.

Saturday 10:30am 12:30pm Perth

Contact Name: Ella Webley - (ewebley@liveactive.co.uk)

Perth Eagles Wheelchair Sports & Boccia Club

Whether you are new to the sport and looking to simply participate and learn a new sport or an experienced player looking to improve your skills, the coaches can adapt the session to suit your needs.

On Friday evenings, 6pm-7pm at Academy of Sport & Wellbeing, Perth College UHI, it's all about wheelchair sports, getting active and having FUN!!

For more info, please contact Graeme Doig - Graeme@pkds.org.uk

No Limits

No Limits is a multi-sport supported programme offering Boccia, Basketball, badminton and gym to adults with learning, physical and sensory additional needs this is supported by a Lead coach and assistant.

Monday 5:00pm 6:00pm Perth Live Active

All Disabilities
under 18

Web: <https://www.liveactive.co.uk/activities/no-limits>

Tel: 01738 454647

Wee Springers

Horse Riding

Blind Sports

Wheelchair Sports

Health

Willogate

Walks

Fitness

Health and Fitness



*Not affiliated with Perth and Kinross Council

Riding for the Disabled *

Provide opportunities for therapy, achievement, enjoyment, improving health, well being and self confidence as well as benefiting mobility and co-ordination. This is done in a safe, fun and supported environment.

Web: <https://www.kinfaunsstablesrda.co.uk/>
TEL: 01738 630040.

Wee Springers

Wee Springers is a fantastic class which uses climbing apparatus and floor equipment that helps pre-school children develop the basic skills of movement, balance and co-ordination in a fun environment. These energetic sessions are sure to improve your child's physical and social development.

Web: <https://www.liveactive.co.uk/activities/wee-springers>
Tel: 01738 454647

British Blind Sport *

At British Blind Sport, we help blind and partially sighted people to get active and play sport. We encourage adults and children to participate in activities at all levels, from grassroots to the Paralympic Games

Web: <https://britishblindsport.org.uk>

TEL: 01926 424247

Accessible Outdoor Walks *

Best Wheelchair Friendly Trails in Scotland

Pick the right trail for your day
All our trails are verified by experts and reviewed by our global community of adventurers like you.

Web: <https://www.alltrails.com/?ref=header>

Willowgate *

Willowgate Based in the centre of Perth, Willowgate is a charity which offers a whole range of different activities to a big slice of our community.

Web: <https://www.willowgateactivitycentre.co.uk/>

Sleep Awareness

Eat Well Play Well

Parent to Parent

Bookbug

Family

Learn

Fun

Together

Parenting and Family Learning



*Not affiliated with Perth and Kinross Council

Bookbug *

Bookbug is Scotland's universal early years book gifting programme and aims to inspire a love of stories, songs and rhymes from birth.

0-5 Years

Group, 1:1, virtual,
in person

Web: <https://www.scottishbooktrust.com/bookbug>

Parent to Parent *

Parent to Parent was established in 1988 and is a voluntary organisation which supports parents of children with additional support needs, whether physical, learning, sensory or behavioural which is associated with the disability.

Tel: 01382817558

Web: <https://parent-to-parent.org/>

Eat Well Play Well

Provide participants with basic cooking skills with the aim of increasing confidence, skills and knowledge to plan and prepare at home cooked meal for their family on a budget.

Group, 1:1, virtual (limited),
in person

Parent & Children Together
0-5 Years

Book Via :www.pkc.gov.uk/parenting

Incredible Years

Group, 1:1, virtual,
in person
Parent only

Help your toddler feel loved and secure / strategies to manage separation and reunion

Encourage Language, social and emotional development
Establish clear and predictable routines

Book Via :www.pkc.gov.uk/parenting

Sleep Awareness *

1:1 at the moment.

Parent Staff can offer support to parents and children with sleep hygiene issues, while referring more complex cases to a fully trained Sleep Counsellor. Staff have been trained specifically to work with typically developing children.

Book Via :www.pkc.gov.uk/parenting

Air Thrill

Perth Cinema

Swimming

Active Kids

Museum

Days

Learn

Memories

Out and About.

If you have any suggestions for day trips, please let us know.



*Not affiliated with Perth and Kinross Council

Air Thrill *

ASN Peaceful Play Sessions

These dedicated safe, active, fun sessions are held on a **THURSDAY** 5.30pm-6.45pm (during term time) & **SUNDAY** 10am-11.15am.

Our ASN sessions feature no music and reduced lighting to avoid glare. Carers also go free during these sessions.

Tel: 01738 445568

Perth Cinema *

Relaxed screenings are regular shows aimed at families with children on the autism spectrum or with other special communication needs. These screenings are adapted in a variety of ways to help reduce anxiety and ensure a safe, enjoyable cinema experience. During the film, lights are left on low and the volume is reduced to ease the impact for those with any sensory difficulties, and it is fine for the audience to move around, make a noise or take a break from the screening if needed

Please check our listings for information about upcoming Relaxed screenings.

6 Murray St, Perth PH1 5PJ
Tel: 01738 623126

Perth Museum *

Perth Museum and Art Gallery has a fantastic collection of objects which reflect the history of the area and a changing programme of exhibitions and events.

Wheelchair accessible
FREE ENTRY

Tel: 01738 63248

Active Kids *

Active Kids is located on a farm just North of Perth. Children can play & explore in the outdoor adventure park and meet the animals

Active Kids offers an entirely unique outdoors experience, with numerous outdoor attractions, activities and fun.

The site is wheelchair accessible
Tel: 01738 827 286

Perth Lesiure Pool

Perth Leisure Pool is situated just a five minute walk from Perth City Centre, the train station and bus depot. It enjoys plentiful shared parking with neighbouring Dewars Centre.

The site is wheelchair accessible.
Swimming lessons are available.

Tel: 01738 454 654

Spina Bifida

Learn

Support

Family

Parentline

Family Fund

Young Carers

RIB

Family Support-1



*Not affiliated with Perth and Kinross Council

Family Fund *

Family Fund Scotland for disabled and seriously ill children
Family Fund Scotland provide financial grants to families raising disabled or seriously ill children and young people on lower incomes. You can find out more about their eligibility criteria on their website.

Web: <https://www.familyfund.org.uk/scotland>

Young Carers *

A young carer is anyone who provides care, or intends to provide care and is aged under 18, or 18 and still in school. There is information and advice about support available to young carers who are looking after someone else in their family at www.mygov.scot as well as on the Young Scot young carer platform. They can also find information about the Carers (Scotland) Act and how to get in contact with their local young carers service on the Care Information Scotland website. Young carer services are independent charities that offer practical support, advice and information for you as a young carer in your local area

Institute of Blind People *

The Royal National Institute of Blind People
The Royal National Institute of Blind People is a charity that offers practical and emotional support for blind and partially sighted people. Visit their website to learn more about the help and support they offer.

Telephone: 0131 652 3140

For general inquiries contact rnibscotland@rnib.org.uk

Spina Bifida *

Spina Bifida Hydrocephalus Scotland (SBH Scotland) is a charity that offers specialist support and information. They provide a range of free services including a helpline, phone check-in service, one-to-one support via video conferencing or phone, virtual support groups and online activities for children, as well as information on financial and benefits support.

You can contact their helpline on 03455 211 300, Monday - Friday 10am - 4pm, email support@sbhscotland.org.uk or visit the Spina Bifida Hydrocephalus Scotland website.

ParentLine *

Children 1st Parentline is there for families – offering free emotional and practical help with anything that affects families on the phone, or by webchat. Parents or carers can talk things through with Children 1st on the phone: 0800 028 2233 or online using the webchat.

Scope

Capability Scotland

Down's Syndrome Scotland

Disability Scotland

Support

Family

Help

Advice

Family Support-2



*Not affiliated with Perth and Kinross Council

Scope *

Talking to other parents in a similar situation is often the most effective emotional support. You can read parents' stories and conversations online if you do not feel comfortable talking.

Tel: 0808 800 3333

Capability Scotland *

Capability works with families with disabled children, disabled people of all ages and carers throughout Scotland. As well as providing modern, flexible services it campaigns to ensure disabled people achieve the same human and civil rights as the rest of society.

Osborne House 1 Osborne Terrace Edinburgh EH12 5HG

Tel: 0131 337 9876

Web: <https://www.capability.scot/>

Down's Syndrome Scotland *

Provides support, advice and information to parents and carers of babies, children, teenagers and adults with Down's syndrome.

Tel: 0131 442 8840

Web: <https://www.dsscotland.org.uk/>

Email: info@dsscotland.org.uk

Disability Scotland *

Work with disabled people, their families, friends and carers, and the people who are employed within the sector. Our information service is delivered through: our telephone helpline; text and email; website; and our online directory.

Helpline: 0300 323 9961

Citizens Advice *

Perth Citizens Advice Bureau is a local, independent charity which provides free, impartial and confidential advice and information to give you the tools you need to sort out any issues or problems.

Tel: 0808 196 9440

Disability Team

Physiotherapy

Sensory Services

Sunflower Centre

Racheal House

Family

Help

Advice

Family Support-3



*Not affiliated with Perth and Kinross Council

Disability Team

The Perth and Kinross Children and Disability Team is a small and specialist team of Social Workers and Senior Social Care Officers who strive to engage and support children, young people and families at the earliest opportunity.

Tel: 01738 454491

Physiotherapy *

Advice Line

A child health physiotherapist will be available for parents/carers and professionals to discuss any concerns from 9.30-11.30am on a Tuesday and 4-6pm on a Thursday.

This is a joint Child Health AHP Advice Line with Occupational Therapy and Speech and Language Therapy colleagues also available to speak to on the same number. Please call (01382) 740317.

Sensory Services *

Advice and Training around sensory issues.

Email: Tay.childhealthot@nhs.scot

The Sunflower Centre *

The service responds to requests for assistance providing information, advice, support as well as assessment and intervention when required. This is provided to families, carers and children and young people from 0 to 18 years or school leaving age, in a variety of settings including schools, nurseries, clinics, at home and in local communities.

Web: <http://www.otcyp.scot.nhs.uk/>
Telephone: 01738 473250

Racheal House *

Rachel House, in Kinross, is a 'home from home' for families. It has a range of facilities including a hydrotherapy room, large accessible garden and lots of areas for relaxing and fun. It also has areas for reflection, bereavement support and care.

Email: tay.rahadmin@nhs.scot
Telephone: +01577865777
Web: <https://www.chas.org.uk/how-we-help/who-you-will-meet/at-rachel-house>

Disability Grants

Citizens Advice

My Gov

Turn 2 Us

Money Helper

Family

Help

Advice

Finance



*Not affiliated with Perth and Kinross Council

Citizens Advice *

Perth Citizens Advice Bureau is a local, independent charity which provides free, impartial and confidential advice and information to give you the tools you need to sort out any issues or problems.

Tel: 0808 196 9440

My Gov Scotland *

Includes information on Disability Living Allowance for children, Child Disability Payment, and Carer's Allowance Supplement.

Web : mygov.scot

Turn 2 Us *

Turn2us is a national charity providing practical help to people who are struggling financially.

ONLINE ONLY:

Web: www.turn2us.org.uk/About-Us/Contact-us

My Money Helper *

Help and advice with benefits and signposting. Contact them for money guidance that's impartial and free to use, whether that's online or over the phone.

TEL: 0800 138 7777

Grants *

This helpful site provides information about Charities and Trusts providing funding towards the high cost of disability equipment, holidays, housing, days out.....in fact anything above and beyond the normal costs of everyday living.

Web: www.disability-grants.org/

Mind Space

Breathing Space

My Gov

Turn 2 Us

Money Helper

Family

Help

Advice

Mental Health



*Not affiliated with Perth and Kinross Council

Mind Space*

Mindspace offer 4 services to both adults, and young people above the age of 8, to support you and your mental wellbeing in a way that is best suited to you

Web: <https://mindspacepk.com/>
Tel: 01738 631639

Breathing Space *

Breathing Space is a free and confidential phone service for anyone in Scotland over the age of 16 feeling low, depressed or anxious. Phone 0800 83 85 87 (6pm to 2am, weekdays and 24 hours at the weekend). Calls are free from landlines and mobiles.

Web: <https://breathingspace.scot/>

Turn 2 Us *

Turn2us is a national charity providing practical help to people who are struggling financially.

ONLINE ONLY:
Web: www.turn2us.org.uk/About-Us/Contact-us

Therapy Sessions

Perth and Kinross offer free complementary therapy sessions to unpaid carers who have an updated or reviewed Adult Carers Support Plan with Perth and Kinross Council or are registered with PKAVS. Carers will be sent a pack which will include a welcome letter, 12 vouchers (which are valid for 12 months from the date of issue) and a hardcopy of the Approved Provider List.

Call the Adult Carers Team on 01738 567076

The Samaritans*

The Samaritans have a dedicated team of volunteers from all over Perthshire who provide emotional support by telephone, email, SMS and in person. As well as being active in supporting people in our local area, through our outreach work.

Tel: 116 123
Email: jo@samaritans.org
Response time: 24 hours

Andy's Man Club*

Andy's Man Club; a space for men to talk about their problems without judgement or feeling like a burden.

Email: info@andysmanclub.co.uk
Web: <http://www.andysmanclub.co.uk/>