

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

PAS

Sports camp

SHIP

Over the Wall

Rascals

Summer Holiday Clubs



*Not affiliated with Perth and Kinross Council

Over the Wall *

Scotland Health Challenge & Siblings Residential Camp

Over The Wall's free residential Health Challenge camps are designed to bring about transformational change to tackle these issues. Applications are welcomed from children aged 8 to 17 years, living in the UK, who are currently receiving treatment or experiencing health challenges.

At Over The Wall, our camps specifically for siblings of children with health challenges, allows them to meet new friends, accomplish new challenges and above all, have fun

<https://www.otw.org.uk/event/scotland-hc-sib-camp/>

PAS Activities*

Perth Autism Support offer a wide range of activities for young people and thier siblings. Activities range from a fun baking morning, day trips and a football afternoon.

Contact PAS for more information or to make a booking

info@perthautismsupport.org.uk

Rascals *

RASCALS holiday programme, funded by Shared Care Scotland, provides extra support during school holidays for families who attend our RASCALS after-school service.

The programme of activity runs during the Easter, summer and October school holidays specifically for children aged 4 and a half to 18 years old who have a learning disability or additional support needs.

This project gives young people the chance to experience new activities with other children during the holidays.

For parents and carers, this project creates time during the holidays that they can spend as they wish – with the peace of mind that their child is happy in the company of friends.

<https://www.enable.org.uk/rascals-holiday-programme/>

Disability Sport Camp*

Scottish Disability Sport are excited to be able to offer young people with a physical disability, hearing impairment or visual impairment the opportunity to take part in our Summer 2022 camp in Badaguish after 2 years away.

SDS would like to thank Better Breaks for supporting this camp once again.

In 2021 smaller camps ran at various locations throughout Scotland over a 2 day period. Here are just some of the sporting adventures our young campers took part in.

If you are interested in attending the residential summer camp in 2022 further information on how to apply can be found here or email events@scottishdisabilitysport.com for more information.

SHIP*

S.H.I.P Holiday Club runs during school holidays to provide activities for children and young people between the age of 5 and 18 years

There are lots of different activities on offer, such as cooking, arts and crafts, sensory play, sports as well as community visits and trips. SHIP tailor the programme to meet individual needs. The clubs run from 8:30am to 5:30pm and offer a flexible service, with various drop-off and pick-up times, so parents and carers can choose what suits them best.

TEL: 07713 565 120

PAS

SHIP

Over the Wall

Raschals

FREE SUMMER ACTIVITIES



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The Yard *

The Yard is an adventure play centre for disabled children, young people and their families. They offer a FREE taster session. You can reach The Yard team during office hours by calling them on 0131 476 4506.

Perth Treasure Hunt*

The self guided Perth Treasure Hunt Trail was written with families in mind as it can be enjoyed by children and adults of all ages from 6-106. Can you work together to solve the sneaky (and sometimes tricky) clues found on permanent features around Perth?

Getting your Perth Treasure Hunt Trail booklet is easy. Simply visit the Treasure Trails website and select either the instant Trail download to print off yourself or get a copy posted out to you. Once you have your Trail booklet you'll have everything you need to complete this 1.75 mile Trail.

<https://www.enable.org.uk/rascals-holiday-programme/>

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TEL: 01738 451081

info@perthautismsupport.org.uk

Free Boat Trip*

Taymara (Tay Maritime Action) is a voluntary sector organisation which exists to serve the local communities of Tayside. Te team offer FREE boat trips leaving from Willowgate or Tayport.

Please contact Taymara directly on:

TEL:
01382 542516

V and A Museum*

Pick up a free, family-friendly printed trail and pencil from our Welcome Desk then explore the museum. Sketch, wander and find out fun facts about our architecture and design. When you've finished, collect an Official Explorer stamp and Selkie's Seal of Approval!

Selkie the Seal was designed by award-winning Scottish textile designer Donna Wilson, especially for us. Donna took inspiration from the Scottish coastline, as well as our aquatic neighbours in the Tay, and this cuddly seal was given the name Selkie after a public vote on social media.

This is a self-guided trail inside the museum. No need to book, just turn up

tel:+441382411611

Free Summer Activities*

Please find below the link for applying for the Family Summer Activity sessions. All sessions will be in the morning and will included a packed lunch for each participant at the end of each session.

Applications should be completed by a Professional on behalf of a family,
Please text 07825455438
Information Link: shorturl.at/otN57

Trails

Forest

Accessible

Great Outdoors

Wheelchair Accesible Trails



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Glenlivet Estate*

Glenlivet Estate, Tomintoul provides some easy access trails and visitor centres to help you discover the rich history and landscape of this special place.

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

Glan Tar*

Glen Tanar National Nature Reserve near Aboyne has lots to offer from visitor facilities to easy access trails through native woodlands, and a ranger service to support your visit.

Photo Trails*

Phototrails provides detailed accessibility information for trails throughout the UK

Each mapped trail combines photos of every potential hazard and details on surface, gradient, facilities etc so you can ensure the trail is suitable for you before you go.

PhotoTrails.org

Information*

We've listed a selection of different types of walks but please do get in touch by calling The Great Outdoors helpline on 0300 323 9961 if you need further information or to find out about walks in your area.

Forestry and Land*

All-abilities trails are wide, generally have a uniform surface, and are marked with clear, easy to follow signage. They can usually be found at destinations with accessible facilities such as toilets, parking spaces and visitor centres. Blue badge holders can park for free in any of our car parks.

You can see a list of our forests with accessible trails and facilities on our Find a forest search tool.

forsertyland.gov.scot/visitors