



# Summer Fun

Please scan the QR codes to access the links to the websites.



## Maisie Moo park

Maisie Moo Play Park, located at North Inch Park, is an accessible park that features a wheelchair-accessible swing.

## Beach Wheelchairs\*

A wide selection of beach wheelchairs and equipment is available at North Berwick in East Lothian, Saint Andrews, and Portobello, Edinburgh. Furthermore, Haven Seton Sands offers two beach access wheelchairs.



## All Ability Bikes

The All-Ability Cycles are a fleet of adapted bicycles, primarily aimed at adults who have disabilities that can make cycling a standard bike difficult.

**ALL ABILITY CYCLING SESSION TIMES**  
Monday to Friday: 09:00 –17:00 - Booking Required

To book an All Ability Cycling session, please contact [WELLBEING@LIVEACTIVE.CO.UK](mailto:WELLBEING@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](mailto:Graeme@pkds.org.uk)

## Kids Travel for a f1\*

Did you know that Kids for a Quid train tickets are valid on Off-Peak services all year round – not just during the school holidays?

For every adult travelling, up to four children can travel with them for just f1 return each. It's a great way to enjoy affordable family days out by train!

Plus, your Kids for a Quid ticket gets you more than just a cheap journey. You'll also receive one free child entry to selected attractions across the country when you show your ticket at the attraction's ticket desk and buy one full-price adult ticket.



Fairview

SHIP

SWIM

Summer

Live Active

Summer

Fairview

Clubs

# Information



\*Not affiliated with Perth and Kinross Council

## Swimming

### Perth Leisure Pool

**Saturday: 09:00 - 10:00**

Pay as you go session in our Leisure Pool, providing an opportunity for anyone with additional support needs or a disability to have fun in the water prior to the main public session. There will be no music or features during this time, creating a sensory-free environment. The paying participant will be allowed one parent/carer free of charge. Family members and siblings are welcome to join this session.



TEL:01738454654

## 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. 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. Their play schemes operate during the school holiday periods to enable young people to participate in social outings to exciting locations with their peers.

S.H.I.P  
Tel: 07713 565120



## Perth Autism \*

Perth Autism Support (PAS) was created to support autistic children and young people aged 18 or under and their families in Perth & Kinross.

Tel: 01738 451081

Email: [info@perthautismsupport.org.uk](mailto:info@perthautismsupport.org.uk)



Wee Springers

Horse Riding

Fun!

Summer

Health

Willogate

Outdoors

Museum

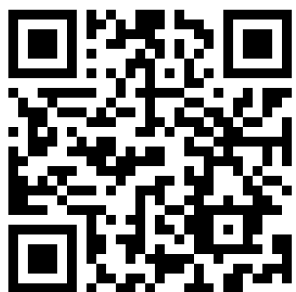
# Summer Fun



\*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 at Kinfauns Riding Stables.



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.



Tel: 01738 454647

## Perth Museum

The museum is open 7 days a week.  
From 1st April to 31st October, the summer opening hours will be as follows:

Monday – 10am – 5pm  
Tuesday – 10am – 5pm  
Wednesday – 10am – 5pm  
Thursday – 10am – 7pm  
Friday – 10am – 5pm  
Saturday – 10am – 5pm  
Sunday – 10am – 5pm

Entry to the permanent galleries is free.  
Entry to the Stone of Destiny experience is free but requires a timed ticket.



Tel: 01738-632488

# SUMMER

## Willowgate \*

Willowgate Activity Centre, located in the heart of Perth, is a charity that offers a wide variety of activities for individuals and families to enjoy.

Tel: 01738 637 245



Summer

Perth Cinema

Swimming

Active Kids

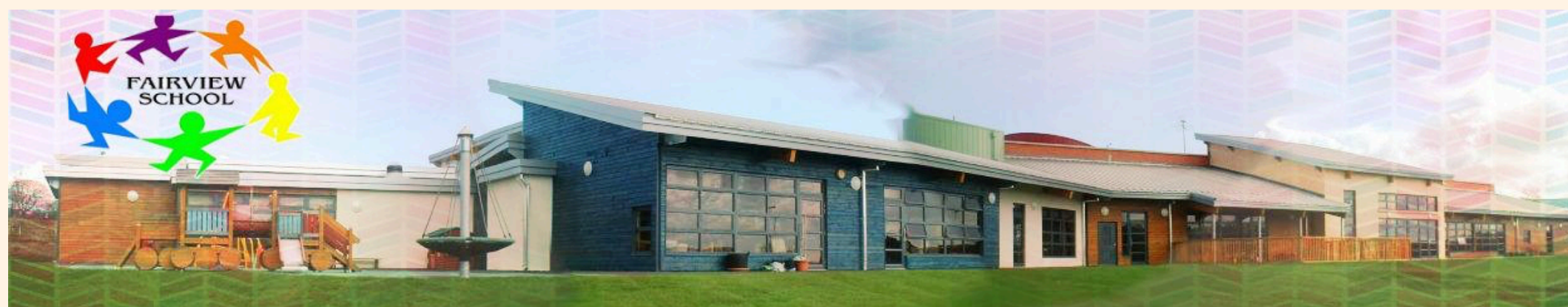
Fun!

Bookbug

Swimming

Memories

# Summer Fun



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## Bookbug Sessions\*

### BOOKBUG SESSIONS

Bookbug is the Scottish Book Trust's national Early Years programme. Sessions are free, friendly, fun sessions of songs, rhymes and stories for babies, toddlers, preschoolers and their families and carers to enjoy together. Our sessions are suitable for ages 0+.

### PLEASE NOTE

Booking in advance is essential only at the AK Bell Library to ensure a place.

To book a place at our AK Bell Library sessions, please phone the library on 01738 477017 from 9.30am on Friday before the session.

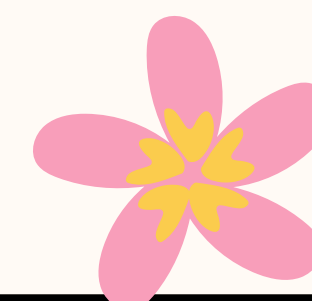


## Perth Cinema \*

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.

Tel: 01738 623126



## 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.

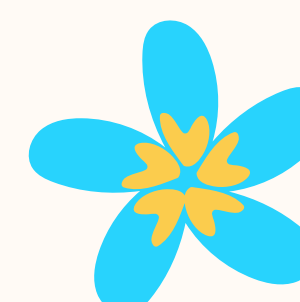
The site is wheelchair accessible

Tel: 01738 827 286



## Lochore Meadows\*

The park features a network of accessible paths designed for our adaptive bikes, providing access to various sailing boats and water sports equipment. Additionally, it includes a selection of hoists and a fully accessible changing room equipped with a toilet, shower, and ceiling hoist.





# Wheelchair Accessible Trails



\*Not affiliated with Perth and Kinross Council

## 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.



## 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.



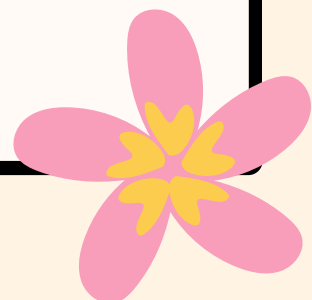
## Forestry and Land\*

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.



## Glen Tanar\*

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.



## 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.

## Changing Places\*

When you're out exploring, it's important to know where accessible changing places are located. The website provides information on these facilities, so please scan the QR code for more details.



Help

Learn

Support

Family

SUMMER

Family Fund

Young Carers

Sight Scotland

# Family Support



\*Not affiliated with Perth and Kinross Council

## Family Fund \*

Family Fund Scotland for disabled and seriously ill children  
Family Fund Scotland provides 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.



Tel: 01904 550055

## Children First \*

Children First help children, their families and the people who care for them by offering, emotional, practical and financial support.



Tel: 01314462300

# SUMMER

## Parent 2 Parent \*

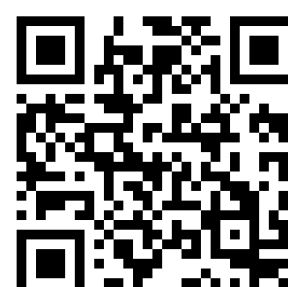
A team of support workers helps parents on a one-to-one basis and is available to any family caring for a child with an additional need in the Dundee, Angus, and Perth and Kinross area. This may be a physical disability, learning difficulty, sensory difficulties, long-term illness, or an emotional difficulty linked to the child's disability.



Telephone  
01382 817558

## Sight Scotland\*

Sight Scotland welcomes calls and enquiries from anyone in Scotland who is affected by sight loss and blindness, whether you are newly affected by sight loss or have been dealing with it for some time. They offer support to families, friends, and carers of anyone with sight loss, anywhere in Scotland.



Telephone: 0800 248 973

**Number 3**

**Summer**

**Disability Scotland**

**Support**

**Family**

**Help**

**Advice**

# Family Support



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## Capability Scotland \*

Capability Scotland works with families with disabled children, disabled people of all ages, and carers throughout Scotland.

Tel: 0131 337 987



## 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



## Disability Scotland \*

Assisting individuals in navigating the complex maze of information and communication.

Helpline: 0300 323 9961



## Number 3\*

Number 3 is a service for adults (16 and over) with a diagnosis of an Autism Spectrum Condition (ASC) who live in the Perth and Kinross region. The service is provided by Autism Initiatives Scotland.

The Perth One-Stop Shop provides social groups and activities, scheduled drop-in times, and 1-to-1 advice and support on a range of issues.

Tel: 01738 449327



## Citizens Advice \*

The Perth Citizens Advice Bureau is a local, independent charity that offers free, impartial, and confidential advice and information, equipping you with the necessary tools to resolve any issues or challenges you may face.

Tel: 0808 196 9440



Disability Team

Physiotherapy

VisionPK

Sunflower Centre

Racheal House

Family

Help

Advice

# Family Support



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## Child & 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.



Tel: 01738 454491

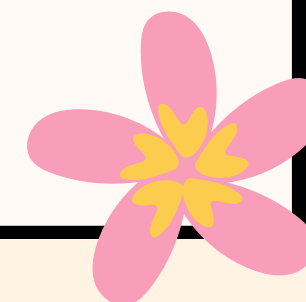
## Physiotherapy \*

### 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.

Tel: 01382740317.



## Vision PK \*

VisionPK provide a range of services to people of all ages living with sensory loss who are residents in Perth and Kinross.

Telephone: 01738 626969



## The Sunflower Centre \*

The service responds to requests for assistance by providing information, advice, support, as well as assessment and intervention when required.

Tel: 01738 473250

## Rachel House \*

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

Telephone: +01577865777



Mind Space

Breathing Space

My Gov

Turn 2 Us

Andy's

Family

Help

Advice

# Support



\*Not affiliated with Perth and Kinross Council

## Mind Space\*

Mindspace offers 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.

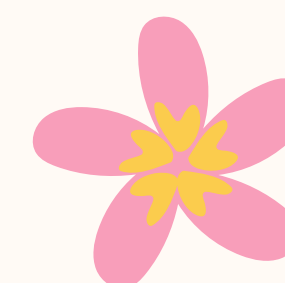
Tel: 01738 631639



## 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](mailto:info@andysmanclub.co.uk)



## Turn 2 Us \*

Turn2us is a nationwide charity dedicated to offering practical assistance to individuals facing financial difficulties, as well as providing information regarding available benefits.



## 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

## 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.

