Family Resources Perthshire

Activities	Advice	Education & Employment
Financial (assistance and advice)	Health (including mental health)	Information (and guidance)
Shopping (supermarket quiet hours)	Sport (clubs and activities)	Support

Updated 22/09/2026

Charity/Organisation	Description	Area	Website and contact details	Category	QR Code
Dimensions Autism Friendly	Dimensions work in partnership with various cinema chains such as ODEON, Cineworld, Vue and others to bring monthly autism friendly screenings.	National	Cinema screenings – Dimensions – Autism Friendly Tel: 0300 303 9062	Activities	
Fiona Sharp Music	Music therapy sessions, online and in-person.	National	Home - F Sharp Music Tel: 07718 279190	Activities	
Friends Unlimited Network	Provides opportunities for people with learning disabilities to meet new people through a variety of social activities. In turn the project offers the chance for individual to fulfil their objectives of building confidence, friendships, happiness and natural connections.	Perthshire	Friends Unlimited Network (FUN) — Communities Care Perth & Kinross Tel: 01738 472340	Activities	
Glow (LGBT Perth & Kinross)	Perth & Kinross Council's Youth Services currently run Glow, a weekly LGBT youth drop in at 68-86 Scott Street, Perth. Glow meet up every Thursday night from 6-8pm. If you would like to join the group or keep up to date with what's happening in Perth, please drop in, call Scott St or complete the form on LGBT Youth Scotland Website.	Perth	Home - LGBT Youth Scotland Email: info@lgbtyouth.org.uk Tel: 01738 474580	Activities	
Innoflate	Relaxed sessions are available on the first Monday of the month between 17:00-18:00 where things are a bit quieter and adapted for individuals with additional support needs.	Dundee	Dundee - Innoflate Tel: 01382 918588	Activities	

Kinross Youth group	KYTHE deliver a range of youth work activities including drop in (free) sessions, after school and lunchtimes sessions, youth clubs, holiday time activities, and more.	Kinross	Transforming young lives: Empowering Kinross youth to thrive Tel: 01577 869290	Activities	
Letham Hub	Looking for ways to get involved, stay active, or meet new people? Our range of community groups and activities offers something for everyone – whether you're looking for social events, fitness classes or fun sessions for children.	Letham	Groups - The Hub, Letham Tel: 01738 444061	Activities	
Montrose Playhouse	Family Relaxed Screenings: Every Sunday Morning. The typical cinema environment can be stressful for guests with autism, sensory difficulties or learning impairments, as such we tailor the screens to the needs of the audience.	Montrose	Montrose Playhouse | Film, Art + Community in Montrose, Scotland Email: info@montroseplayhouse.co.uk Tel: 0300 303 9001	Activities	
Nordoff & Robbins Scotland	Nordoff Robbins use music therapy to help people with a range of conditions including learning disabilities, neurological disorders, life-limiting illness, brain injury, cerebral palsy, mental health issues, trauma, stroke and dementia.	National	Nordoff and Robbins - The UK's largest music therapy charity Tel: 020 7267 4496	Activities	
Number 3 One Stop Shop	A wide range of supported activities to support adults (16+) with Autism in Tayside	Perth Crieff Dundee Angus	Perth One Stop Shop Tel: 01738 449327	Activities	
Perth Leisure Pool	Each of our venues has a unique offering when it comes to ASN swimming lessons, from small group settings to 1-1 lessons. For specific information on waiting lists and what your preferred venue can offer, please complete our contact form **here**.	Perth	Additional Support Needs Swimming - Live Active Tel: 01738 454654	Activities	
Perth Playhouse	Accessible screening options for all including wheelchair accessibility, hearing impaired guests, sight impaired guests and relaxed screenings.	Perth	Perth Playhouse Email: info@perthplayhouse.co.uk Tel: 01738 448729	Activities	

Perth Theatre and Concert Hall	Let's Dance Access – class designed for those with disabilities with carers welcome to join in or support from the wings. Sessions are free.	Perth	Email: fun@pkc.gov.uk Tel: 01738 477729	Activities	
PKAVS	Local charity supporting the wellbeing of people and communities throughout Perth & Kinross at times when they need it most. Supports include: Carers Shopmobility Walled Garden and Wisecraft The Big Hoose Self-Directed Support.	Perthshire	PKAVS | Charity Supporting People in Perth & Kinross Tel: 01738 567076	Activities	
Rainbow House	Drop-in centre and creative space with Young Cook - free hot meal cooking and Computer Club as well as regular events.	Dundee	https://www.facebook.com/rainbowhousedundee/?checkpoint_src=any Email: under12scoordinator@hotmail.co.uk Tel: 07553 008582	Activities	
Riverside Church Pre-school group	Our aim is to offer a safe space where you can play with your child/ren or have a break while they play with us. We hope we will get to meet you soon.	North Muirton	Email: Intogether20@gmail.com Lynsey Patterson Tel: 01738 622341	Activities	
RYZE Dundee	ASCEND Additional Needs Sessions run on the first Thursday of every month for £13pp. It offers a dedicated safe, active and fun sessions for guests with additional needs, their family and carers.	Dundee	Ryze Dundee - Ryze Tel: 01382 549979	Activities	
S.H.I.P	S.H.I.P aims to provide support for young people in the Perth and Kinross communities who have Additional Support Needs. This support is delivered through youth clubs, play schemes, and other activity-led opportunities. Sessions are chargeable. You can find out more about our services by clicking here. Or referral from social work.	Perth Crieff Blairgowrie Kinross	HOME | SHIP-Support Help and Integration in Perthshire Tel: 07713 565120	Activities	

Strathmore centre for youth development (SCYD)	A safe and supportive community where young people are valued and develop skills for life.	Perthshire	SCYD - Wellmeadow House Email: admin@scyd.org.uk Tel: 01250 872121 Mob: 07761 060281	Activities	
The Yard Adventure	Creative and inclusive play experiences for disabled children.	Dundee	The Yard Charity | Supporting disabled children and young people Email: info@theyardscotland.org.uk Tel: 01314 764506	Activities	
YMCA Tayside	YMCA provides support across Perthshire. They provide a safe space to grow and develop, and a variety of youth work services and support programmes to young people aged 8-25 years.	Perthshire	The Wellbeing Project - YMCA Tayside Email: info@ymcatayside.com Tel: 01738 580001	Activities	
InTogether	InTogether is a Presbytery Mission Initiative of the Church of Scotland under the governance of Perth North Church. We have operated as a part-time, volunteer led initiative for three years with the vision to share the difference God's love can make. We do this through direct provision of specific community services to families who have children with additional support needs. We are also developing new and existing ecumenical worshipping communities that meet the spiritual needs of the whole family.	Perthshire	InTogether | Perth | Christian Email: contact@intogether.co.uk Tel: Anne: 07837 069 565 Lynsey: 07722 296 116	Activities	
The Ark Afterschool Club	The Ark Afterschool Club is designed to provide a safe and supportive environment for children up to the end of P7 with ASN to attend with their parents/carers. Children have the chance to play, explore and build relationships while the adults have the chance to relax and connect with one another. Wednesdays 4pm - 5.30pm	Perthshire	https://www.facebook.com/profile.php?id=61590006473515 Email: rpullar@churchofscotland.org.uk	Activities	

	Free to attend. Snacks provided.				
Minds & Manes	At Minds & Manes, we believe in the healing power of horses. We support the wellbeing of children, young people, and adults through unique equine-assisted sessions that combine the calm presence of horses with compassionate, guided support. As an Equimotional Accredited Coach, we create a safe, nurturing environment where individuals can build confidence, resilience, and emotional wellbeing all while connecting with our gentle ponies and horses.	Perthshire	Minds & Manes - Home Email: mindsandmanes@outlook.com Tel: 07375 612011	Activities	
Citizens Advice	From advice and information on day-to-day issues, through to detailed support and specialist topics, we can help.	Perthshire	Perth Citizens Advice Bureau | Free, impartial and confidential advice Tel: 01738 450580	Advice	
Compass	Compass supports young people and their parents and carers in Scotland who need help as they make the transition to young adult life.	National	Compass	Advice	
Enquire	Enquire is the Scottish advice service for additional support for learning. Providing easy to understand advice and information about additional support for learning legislation and guidance for families and professionals.	National	Enquire - The Scottish advice service for additional support for learning	Advice	
MEAD (PKAVS - Perth & Kinross)	MEAD project seeks to meet the specific needs of the minority communities in the area through language courses, translator services and by identifying new migrant communities and needs locally.	Perthshire	PKAVS Perth and Kinross | Support for Carers Communities and Wellbeing Email: admin@pkavs.org.uk Tel: 01738 567076	Advice	

Mencap	Advice and information on all aspects of learning disabilities	National	Learning Disability - Down syndrome - Williams syndrome | Mencap	Advice	
PAMIS	Support for people with profound and multiple learning disabilities, PMLD - their families, carers and professionals.	Tayside	PAMIS | Promoting a more inclusive society Email: info@pamis.org.uk Tel: 01382 385154	Advice	
Perth & Kinross Council - Futures for families	The Skills and Employment Support Team offers an 'all purpose' employability service throughout Perth & Kinross to support business growth, people progressing and a wider skills agenda.	Perthshire	Skills and Employment Support - Perth & Kinross Council https://www.facebook.com/SkillsTeamPKC/ Email: futuresforfamilies@pkc.gov.uk	Advice	
Who Cares? Scotland	Who Cares? Scotland supports care experienced people to have their voice heard.	National	Home - Who Cares? Scotland If you're a Care Experienced person and you need someone to talk to, we can be contacted by phoning 0330 107 7540 or emailing help@whocaresscotland.org The Who Cares? Scotland Helpline is open Monday-Friday, 12pm-4pm.	Advice	
16+ Framework for Support	The 16+ Framework for Support aims to improve outcomes for young people in Perth and Kinross by supporting stakeholders to plan transitions most effectively, based on best practice, through collaborative working and making better use of data. The Framework will support schools and partners to maximise the likelihood of all young people achieving a positive and sustained post school destination.	Perthshire	16+ Framework for Support - Perth & Kinross Council	Education & Employment	
Education Attainment Service for Young Carers	The Education Attainment Service was created with the premise that juggling a caring role and school commitments can have a negative impact on education. It is unreasonable that any young	Perthshire	Young Carer Support Perthshire | Help for Children and Young People Email: admin@pkavs.org.uk	Education & Employment	

	carer should have their education compromised because of the demands of their caring role and it is for this reason that this project was set up. For primary school and S1-S3 young carers we can offer tutor groups in Perth, Auchterarder and Blairgowrie. For S3-S6 young carers, who have important exams approaching, we can offer access to 1:1 private tuition sessions delivered by our bank of tutors.		Tel: 01738 567076		
Education Scotland – Post 16	Information on education post 16.	National	Post-16 opportunities | Curriculum in Scotland | Parentzone Scotland | Education Scotland	Education & Employment	
My World of Work	My World of Work can support you! Whether you're looking to make decisions, changes or just explore.	National	My World of Work | My World of Work	Education & Employment	
Perth & Kinross Council - ASN Education	Perth and Kinross Council currently offer specialist provisions within 9 mainstream Primary schools and enhanced provision within 6 mainstream Secondary schools. And 1 specialist school.	Perthshire	ASN specialist provision - Perth & Kinross Council Email: asn@pkc.gov.uk Tel: 01738 475000	Education & Employment	
Perth and Kinross Educational Psychology Service	The service aims to enhance the learning, development and emotional wellbeing of children and young people in Perth and Kinross. The primary focus is on overcoming barriers to learning, with interventions to promote learning, development, resilience and wellbeing.	Perthshire	Educational Psychology Service - Perth & Kinross Council Email: ecspsychologists@pkc.gov.uk Tel: 01738 476242	Education & Employment	
Planit	Career planning starts as early as choosing your subjects at school and Planit has a number of interactive tools to help you with this. There is also a CareerMatch quiz that helps you to think about your interests and identifies relevant careers, which is ideal if you're not sure what you want to do yet. You can also explore information on different industries, specific jobs and what kinds of courses are available to help you get into	National	Planit : For Careers, Learning, and Schools in Scotland	Education & Employment	

	a career. Planit can even help you to create your first CV.				
PUSH	Local charity and voluntary organization committed to fostering community inclusion for individuals with learning disabilities and additional support needs. Our charity operates a reuse shop and warehouse that not only provides vital employability training and job opportunities for young people facing employment barriers but also serves a diverse community.	Perth	PUSH Charity, Perth Tel: 01738 621929	Education & Employment	
Skills Development Scotland	Skills Development Scotland is the national skills body supporting the people and businesses of Scotland to develop and apply their skills.	National	Perth and Kinross - Skills Development Scotland Tel: 0141 285 6000	Education & Employment	
Skills Development Scotland – Careers Advice	Here at Skills Development Scotland (SDS) we support pupils, parents and teachers with a comprehensive range of career information advice and guidance. Our professionally qualified careers staff provide face-to-face guidance. We also have our digital channels including My World of Work and Apprenticeships.	National	Our career service in schools - Skills Development Scotland Tel: 0141 285 6000	Education & Employment	
UHI Perth	Applications are welcomed from all prospective students including care leavers and those who act as carers, and we aim to provide appropriate services to students with learning support needs or disabilities.	Perthshire	Home - UHI Perth Email: pc.enquiries.perth@uhi.ac.uk Tel: 01738 877000	Education & Employment	
Blue Badge Application	If you struggle to get around and use a car you could get a Blue Badge. A Blue Badge lets you park closer to where you're going. You need to apply online using the GOV.UK service. It will also tell you if you're likely to be eligible before you go through the application. If you have a mental condition that means you lack awareness about the danger of traffic, you cannot apply online. You should phone your local	Perthshire	Apply or reapply for Blue Badge - mygov.scot The link below is to an application form for parents of children who have a cognitive impairment to apply for a blue badge. https://www.pkc.gov.uk/media/42242/Blue-Badge-Cognitive-	Financial	

	council's Blue Badge team for a paper application form.		Impairment/pdf/Risk_in_Traffic_Perth_and_Kinross.pdf?m=637874259002770000		
Bus Passes	The National Entitlement Card (NEC) can be used across many different services including as a bus pass, library card and Young Scot card. The national travel scheme provides free bus travel Scotland-wide for older people, disabled people and under 22-year-olds.	Perthshire	National Entitlement Card and Free Travel Passes - Perth & Kinross Council Tel: 01738 475000	Financial	
EMA (Education Maintenance Allowance)	You can get financial help through Education Maintenance Allowance (EMA) if you're aged 16 to 19 and want to continue learning.	National	Apply for Education Maintenance Allowance (EMA) - mygov.scot	Financial	
FamilyFund	UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income.	National	Family Fund Tel: 01904 550055	Financial	
FoodBank	We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.	Perthshire	Perth and Kinross Foodbank | Helping Local People in Crisis Email: info@perthkinross.foodbank.org.uk Tel: 01738 626799	Financial	
Independent Living Fund Scotland	Provide funding for disabled people in Scotland and Northern Ireland.	National	Home | ILF Scotland Tel: 0300 200 2022	Financial	
Perth & Kinross Council - Welfare Rights Team	The Welfare Rights Team aims to ensure that the residents of Perth and Kinross are not missing out on their entitlement to benefits and other related help by providing a free, confidential and impartial benefits advice, information and appeal representation service.	Perthshire	Contact the Welfare Rights Team - Perth & Kinross Council Online form for referrals	Financial	
Quill Accounts	A payroll service specialising in helping individuals who employ personal assistants.	Fife	Quill Accounts - Home Tel: 01337 827017	Financial	

Self Directed Support Scotland	To work collaboratively to incorporate local Independent Support in every aspect of social care design and delivery. To ensure the needs and views of people accessing social care support and their support networks are valued and represented.	National	Self Directed Support Scotland - Enabling people to live well, with support they choose Email: info@sdsscotland.org.uk Tel: 0131 475 2623	Financial	
Social Flock	Free clothing library. Self-referral form – Clothing Library – Social Flock	Perthshire	Social Flock | Perth | Facebook	Financial	
Turn2Us	Turn2us is a national charity providing practical help to people who are struggling financially.	National	Tackling Financial Insecurity Together | Turn2us Tel: 0808 802 2000	Financial	
Archie Foundation	Healthcare and bereavement support, delivered in a child-appropriate environment and manner.	Grampian Tayside Highlands	Welcome to The Archie Foundation - The ARCHIE Foundation - Home Email: hello@archie.org Tel: 01224 559559	Health	
Calm Harm	Calm Harm is an award-winning app funded by teenage mental health charity stem4, to help manage the urge to self-harm.	National	Home - Calm Harm App	Health	
CAMHS - Useful Courses for Parents/Carers	Courses available: • Understanding and supporting your child. • Understanding Sleep • Supporting Your Child's Communication • Understanding and Supporting Behaviour • Understanding Big Emotions • Executive Function: Supporting Your Child's Focus and Organisation Skills	Tayside	NHS Tayside Tel: 01382 204004	Health	
CAMHS NHS Tayside	Child & Adolescent Mental Health Services provided by the NHS.	Tayside	NHS Tayside Tel: 01382 204004	Health	

Catherine Morris Occupational Therapy	I am Catherine Morris, a specialist Occupational Therapist, who is enthusiastic and committed to seeing children and young people become more independent in their daily lives. I enjoy meeting each one and watching them develop, gain skills and grow in confidence. I also work with adults.	Perthshire	Catherine Morris Occupational Therapy for children, Perth, Scotland Email: catherine@catherinemorrisot.co.uk Tel: 07749 702777	Health	
Cedar programme	Cedar is a recovery programme for children and young people who have experienced domestic abuse. There are Cedar groups for children and young people and Cedar groups for their mums. Cedar is a voluntary programme and doesn't cost anything to join.	Perthshire	Cedar Programme - Perthshire Women's Aid Tel: 01738 639043 24h Helpline: 0800 027 1234	Health	
Cerebra	We help children with brain conditions and their families in many different ways. Through our services we can help you overcome obstacles you may be facing and enable you to discover a better life together with your amazing child.	National	Cerebra - Working with you and your amazing child Email: enquiries@cerebra.org.uk Tel: 0800 328 1159	Health	
cool2talk	Your questions answered accurately and without judgement within 24 hours. A safe space for young people age 12 up to & including 25 living in Tayside.	Tayside	Cool2Talk – A safe space for young people age 12 and over	Health	
CRUSE Bereavement Support	Support for bereavement to work through feelings and learn to live with loss.	National	Home : Cruse Scotland Tel: 0800 802 6161	Health	
Daylight	Daylight is a fully automated digital worry and anxiety improvement program based on techniques from cognitive behavioural therapy (CBT) for worry and anxiety.	National	Daylight	Health	
ERIC - The Children's Bowel and Bladder Charity	ERIC is the national charity dedicated to improving children's bowel and bladder health. Our mission is to reduce the impact of continence problems on children and their families.	National	Home - ERIC Helpline: 0808 801 0343 The Helpline is open Tuesday, Wednesday, Thursday 10am -1pm.	Health	

Mindspace	From counselling services to peer support, whatever your age, background or circumstances, your first steps to positive mental health start here.	Perth	Home - Mindspace Email: admin@mindspacepk.com Tel: 01738 631639	Health	
Motorvate Therapies Ltd	Based in Perth, Scotland, Motorvate's experienced and passionate Occupational Therapy team have years of expertise in working with neurodiverse young people, their families and professionals who support the family. The young person is at the centre of everything we do. As a social enterprise, Motorvate offers in-depth assessment and intervention for individual clients.	Perth	Motorvate Therapies | Perth | Perthshire | Scotland | Index Email: info@motorvatetherapies.co.uk	Health	
NHS Tayside - Children's Bladder and Bowel Service	Children's community continence services provide specialised care and support for children and young people with bladder and bowel problems. These services are provided in the community setting, such as clinics or schools, making them more accessible and convenient for families. They are often run by specialist nurses or paediatricians with training in continence care.	Tayside	NHS Tayside	Health	
NHS Tayside - Sensory training for parents	Our service provides a training model to help all those around your child recognise possible sensory difficulties and support to think about strategies to try.	Tayside	NHS Tayside	Health	
NHS Tayside Children & Young People's Speech & Language Therapy Service	A dedicated team working with children and young people with a range of speech, language, communication and swallowing difficulties. We work with our partners in a variety of settings including: clinics, schools, nurseries, clients' homes and hospitals.	Tayside	NHS Tayside Tel: 01382 740317	Health	

NHS Tayside Children and Young People's Occupational Therapy Service	The Tayside Children and Young People's Occupational Therapy Service provides an Occupation Centred approach as a way to improve health and wellbeing for children. Occupational Therapy aims to enable children to be as independent as possible in their day to day occupations. Occupation is our fancy word for the activities you want to do, need to do and are expected to do. We will focus on occupations that are meaningful and important to your child and family. These may include self-care activities, play/leisure skills and/or school skills.	Tayside	NHS Tayside Advice Line: 01738 740317 Tuesdays 9.30am- 11.30am Thursdays 4pm – 6pm Email: tay.childhealthot@nhs.scot	Health	
NHS Tayside Children and Young People's Physiotherapy Service	We work in partnership with children and young people and their families to support them to maximise the child/young person's abilities. Examples of concerns we may be able to help with include: Delayed physical development Children that move differently or unable to keep up with peers Injuries that are not improving Physical Activity for all ages and abilities.	Tayside	NHS Tayside Tel: 01382 740317	Health	
NHS Tayside Dental Services	Information on local dental services. Including practices that will take on NHS patients.	Tayside	NHS Tayside	Health	
Penumbra	Pioneering mental health charity providing dedicated services for people experiencing mild to serious and enduring mental ill health.	National	Penumbra Mental Health Tel: 0131 475 2380	Health	
Perth & Kinross: Sexual and Reproductive Health Services	Monday 16:00-18:00 Young People's Walk-in Clinic.	Perthshire	Perth & Kinross: Sexual and Reproductive Health Services - Sexual Health Clinics Tel: 01382 425542	Health	

Place2be	We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.	National	Improving children's and young peoples mental health – Place2Be Email: scotland@place2be.org.uk Tel: 020 7923 5500	Health	
Samaritans	Talk to someone on the phone, by email, write a letter or find a branch.	National	Contact Us | Samaritans 24h Helpline: 116 123	Health	
Self Injury Support	Confidential and non-judgemental support.	National	Self Injury Support Text support helpline – 07537 432444 open Tuesday, Wednesday and Thursday 7pm – 9.30pm.	Health	
Self-harm Network Scotland	Self-Harm Network Scotland provides free compassionate support, resources, and information about self-harm. The power of lived experience enables us to work with each person to find their own way forward. We also provide support and information to friends, families and professionals. The 'How We Can Help' drop-down at the top of the page will take you to the resources you need. If you self-harm and need support, our live chat is available between 6pm – 10pm every evening. Alternatively, you can self-refer for one-to-one ongoing support via the 'Contact Us' page.	National	Home - Self-Harm Network Scotland Penumbra	Health	
Shout 85258	To start a conversation, text the word 'Shout' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.	National	Shout: The UK's free, confidential, 24/7 mental health text service | Shout 85258 Text the word 'Shout' to 85258.	Health	
Sleep Action	Provider of sleep support, training and resources who with professionals, families & employers to promote healthy sleep for everyone.	National	Sleep Action | UK's Oldest Sleep Charity | Formerly Sleep Scotland Tel: 01312 581258	Health	

Change Mental Health	Support for people affected by mental illness.	National	We are Change Mental Health Email: advice@changemh.org Tel: 0808 8010 515	Health	
Tayside School Nursing Team	Support for young people in primary or secondary school in Perth and Kinross.	Perthshire	Perth City – 01738 564228 South Perthshire area – Crieff – 01764 650671 Auchterarder – 01764 660451 Kinross – 01577 865335	Health	
The Corner	The Corner is a young person's health and information service based in Dundee City Centre. We offer a wide range of Health & Information services through our city centre Drop-in and outreach work. Services are all free, informal and confidential. Services are for those aged 11-19 years (and up to 25yrs for those in crisis).	Dundee	The Corner Dundee | Health & Wellbeing Services for Young People Email: tay.office.corner@nhs.scot Tel: 01382 206060	Health	
The Lighthouse	We offer crisis support to anyone who is at risk with their mental health. This includes those who are at risk of suicide or self-injury, or those who find themselves in emotional distress or crisis.	Perth	The Lighthouse For Perth - Suicide, Self-Harm & Crisis Support Tel: 0800 121 4820	Health	
Trauma Healing Together	As a charity we work closely with people who have experienced psychological trauma and are living with the symptoms of this. We work in partnership to improve their quality of life through therapy, wellbeing groups, personal development training and opportunities to shape future services and the understanding of trauma through research projects.	Perthshire	Trauma Healing Together | Trauma Counselling, Training, Support | Scotland, UK Tel: 01738 248283	Health	
ADHD UK	ADHD UK was founded in 2020 with a mission to help those affected by ADHD – either those that have the condition or people close to them: family, friends, employers, and co-workers.	National	ADHD UK - Homepage - ADHD UK	Information	

Beacon House	Beacon House is passionate about developing freely available resources so that knowledge about the healing of trauma and adversity is in the hands of those who need it.	National	Home Tel: 01444 413 939	Information	
Citizens Advice Scotland	Free, impartial and confidential advice for everyone. We are Scotland's leading advice charity. We look at the problems people bring to our advice services and campaign for change where it's needed most.	National	Free, impartial and confidential advice for everyone | Citizens Advice Scotland Email: Info@cas.org.uk	Information	
HappyMaps	Charity developed by healthcare professionals with help from parents and young people. We've pooled what we think are some of the best mental health resources for parents, carers, and young people, all in one place.	National	A one-stop hub for children's mental health	Information	
National Autistic Society	We're here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-friendly, we are dedicated to transforming lives and changing attitudes.	National	National Autistic Society	Information	
Parent Club	Family Support Directory with lots of useful parenting resources.	National	We're here for you | Parent Club	Information	
PDA Society	PDA (Pathological Demand Avoidance) is widely understood to be a profile on the autism spectrum, involving the avoidance of everyday demands and the use of 'social' strategies as part of this avoidance. PDA individuals share autistic characteristics and also have many of the 'key features' of a PDA profile. This website provides a wide range of information, support and training on PDA.	National	PDA Society - Pathological Demand Avoidance	Information	

PKC Directory of services	The whole family wellbeing directory aims to improve awareness of, and access to services that provide support to families across Perth and Kinross.	Perthshire	Whole family support - Directory of services - Perth & Kinross Council	Information	
Shared Care Scotland	Website with links to a variety of services and supports accessible for families.	National	Funded projects | Shared Care Scotland	Information	
Single Parents	Brings together essential information, expert advice, interactive learning, multi-media content, links to other support organisations and news for anyone who is parenting alone.	National	Single parents - support, finance and help	Information	
The Decider	The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.	National	The Decider Skills | The Decider	Information	
Twinkl	Visual learning resources to use in school and at home (subscription required after free trial)	National	Primary Resources - KS2, KS1, Early Years (EYFS) KS3, KS4, Twinkl	Information	
Young Person's Guarantee	The DYW Pledge is a commitment from employers to support Scotland's young people to succeed in the world of work.	National	DYW Pledge - DYW - Scotland	Information	
Aldi	Quiet Shopping Hours: 18:00-20:30 on Tuesdays.	National	ALDI UK | Quality Groceries, Amazing Offers & Specialbuys Every Week Tel: 0800 042 8000	Shopping	
Asda	Quiet Shopping Hours: 14:00-15:00 Monday – Thursday	National	Online Food Shopping - ASDA Groceries Tel: 0800 952 0101	Shopping	

Lidl	Quiet Shopping Hours: 18:00-20:30 on Tuesdays.	National	Food, Non-food, Wine and Recipes | Lidl GB Tel: 0203 966 5566	Shopping	
Morrison's	Quiet Shopping Hours: 09:00-10:00 on Saturdays.	National	Home page - Morrisons - Online Food Shopping & Grocery Delivery - Morrisons Tel: 0345 611 6111	Shopping	
Tesco	Quiet Shopping Hours: 09:00-10:00 Wednesdays & Saturdays.	National	Tesco - Supermarkets | Online Groceries, Clubcard & Recipes - Tesco Groceries Tel: 0800 917 7403	Shopping	
All Ability Cycling	The range of people who come to the programme are endless. From people who have never been on a bike and never believed they could, to people who used to race and now have a disability that requires a specific type of bike. Children as young as 8 to people in their 80's attend the programme and using the different bikes. Standard 2-wheel bikes, e-bikes, trikes, e-trikes, a hand bike, semi-recumbent bike, an electric assisted wheelchair bike, side-by-side bikes (which are by far the most popular) and 6 adapted children's bikes.	Perth	Email: **EWebley@liveactive.co.uk**	Sport	
Blairgowrie Riding for the disabled	Horse riding lessons for children with disabilities.	Blairgowrie Rattray Alyth	Blairgowrie RDA – Tel: 07434 816089	Sport	
Disability & Additional Support Needs Cricket	Suitable for people any age with physical, sensory or learning disabilities or additional support needs	Perth	Perth & Kinross Disability Sport - SCIO | Home Email: rrennie@liveactive.co.uk	Sport	
Leisure & Culture Dundee - Disability Sport	A range of sport and physical activity sessions are provided on a weekly basis for people with a disability. Other service areas of Leisure and Culture Dundee offer separate and integrated	Dundee	Home | Leisure & Culture Dundee Tel: 01382 436963	Sport	

	activities for children and adults with disabilities. For further information, please check what support is on offer by contacting the relevant Officer for each programme.				
Perth & Kinross Disability Sport	PKDS is a charity that encourages and arranges activities and events for people of all ages with a physical, sensory or learning disability to get active.	Perthshire	Perth & Kinross Disability Sport - SCIO | Home Tel: 07999 544549	Sport	
Perth Strathtay Harriers	Perth Strathtay Harriers have an established and vibrant disability inclusion programme. The club offers a variety of training options from bespoke to fully integrated.	Perth	Perth Strathtay Harriers Email: info@strathtayharriers.co.uk	Sport	
Riding for the disabled Kinfauns	Provision of horse riding and horse interaction opportunities to improve health and wellbeing, benefitting mobility and co-ordination.	Perthshire	KSRDA Tel: 01738 630040	Sport	
Salto Gymnastics Club	Disability friendly gymnastics lessons and club on Saturdays 09:00-10:00.	Dundee	Salto Gymnastics Club | Dundee | Facebook	Sport	
Strathmore Community Rugby Trust	Autism Friendly Rugby lessons and classes for children between 5 and 12 with a diagnosis of autism.	Forfar	Developing people through rugby - Strathmore Community Rugby Trust	Sport	
The Brae Riding for the Disabled	Horse riding lessons for children with disabilities.	Dundee	The Brae Riding for the Disabled – Riding for the Disabled Tel: 01382 776880	Sport	
Aberlour – Family Advice and Community Connections Service	Personalised support for your family's needs, expert advice on family matters.	Perthshire	Aberlour Children's Charity - Supporting Scotland's Children & Families Email: faccs@aberlour.org.uk Tel: 0808 1967292	Support	

Action for Children Parenting Hub	Every parent needs a little support from time to time. From bonding with your baby to potty training, behaviour and mental health - we're here to help you navigate the everyday. Depending on your needs, we offer support in the following ways: Through our online parenting advice hub. At our fostering and adoption blog. With parenting support in your community.	National	Action For Children | Children's charity | For safe and happy childhoods Email: ask.us@actionforchildren.org.uk Tel: 0300 123 2112	Support	
Autism Initiatives	Supported living and schools, a short breaks service, work placements to training, clubs and activities in locations across the UK.	National	Autism Charity for Children and Adults | Autism Initiatives	Support	
Barnardos	We support children, young people and their families in our specialised community-based services across Scotland. We believe in children, and we believe every child and young person has a right to thrive.	National	Barnardo's Scotland | Barnardo's Tel: 0131 446 7000	Support	
Beyond Incredible	A weekly support group for parents and guardians of children with additional support needs. Whether your child is small or not so small, this is a relaxed, understanding space where you can talk about the challenges, meet others who just get it, and feel supported.	Perth	Email: beyondincredibleperth@gmail.com Tel: 07378 509163	Support	
Crossroads	We are a national charity dedicated to the provision of short breaks for carers within their own homes. We also provide care at home support including personal care.	Perthshire	Crossroads Perth Caring for Carers | Perth & Kinross Email: info@crossroadsperth.org Tel: 01738 639460	Support	
Downs Syndrome Scotland	Our branch covers all DS Scotland members living in Fife, Perth & Kinross and the Tayside area.	Tayside & Fife	Home - Down's Syndrome Scotland Email: taysideandfife@dsscotland.org.uk	Support	

Families Outside	Families Outside is the only national charity working in Scotland that supports families that are affected by imprisonment. We can give you the practical help, support and advice that you need, and we will always respect your right to privacy.	National	Help, information, and support for families affected by imprisonment | Families Outside Email: support@familiesoutside.org.uk Tel: 0800 2540088	Support	
Family Lives	Advice and support for parents/carers/families including a helpline, forum, live chat, parenting advice videos and online parenting courses.	National	Coram Family Lives - Parenting and Family Support Email: askus@familylives.org.uk Tel: 0808 800 2222	Support	
Get Set 4 Autism	Good alternative for information from CAMHS - a post diagnostic support service for families whose children have received a diagnosis.	Tayside	Get Set 4 Autism - Scottish Autism Tel: 01382 226769	Support	
Highland Perthshire Plus	Highland Perthshire Plus: supporting people with additional support needs and or disabilities and their families to enable them to live and thrive in Highland Perthshire.	Highland Perthshire	Home - Highland Perthshire Plus Email: info@hpplus.net	Support	
Hillcrest Futures	Autism support, learning disability support, SDS support, substance abuse support, 1-1 support for young people.	Tayside	Home - Hillcrest Email: customerservice@hillcrest.org.uk Tel: 0300 1232640	Support	
Home Start Perth and Kinross	Home Start Perth and Kinross are a small, friendly team and we offer parent to parent support to anyone that has children under the age of 5 and is struggling with the pressures of modern parenting. We have an amazing team of trained volunteers who home visit for up to 2 hours a week and can help with looking after children, helping families attend appointments and groups or just be there to chat and listen – whatever the family needs.	Perthshire	Home-Start Perth and Kinross | Because childhood can't wait Email info@homestartpk.org.uk Tel: 01738 638847	Support	
MoveAhead	MoveAhead is a locally based support service which enables people to access activities and services in the community.	Perth	Email: tay.moveaheadservice@nhs.scot	Support	

	It aims to enhance the wellbeing of individuals through participation and engagement in their local community by offering one to one support. Our aim is to enable people to gain enjoyment and confidence with the goal of promoting long term independence. We support anyone who is over the age of 16, has left school and lives in the Perth City boundaries. We support anyone who has a wellbeing need, including people with or without a mental health diagnosis.		You can also follow us on our Facebook page: @moveaheadnhsperthcity Tel: 01738 413070		
Parent To Parent	Support for parents of children with additional support needs which is associated with a disability.	Tayside	Home | Parent To Parent Tel: 01382 817558	Support	
Perth & Kinross ADHD Support Group	Groups and support for people with ADHD and their carers/family. Self-referral.	Perthshire	PERTH & KINROSS ADHD SUPPORT GROUP Tel: 01738 587261	Support	
Perth & Kinross Council - CREST	There are times in all our lives where we need to make decisions about our child or young person's future, and it may feel quite scary. Our Family Group Decision Making co-ordinators will help you to communicate with others and identify your strengths, in order to come up with your own unique, safe family plan. Our service is available throughout the Perth and Kinross area. Please speak to your social worker if you would like to be referred to the service	Perthshire	Family Group Decision Making - Lifelong Links - Perth & Kinross Council Email: crest@pkc.gov.uk Tel: 01738 475199	Support	
Perth & Kinross Council - Families Empowering Communities	We offer support to families living in Letham, Bertha Park, Muirton, Crieff and Blairgowrie. Our support is person centred and community focussed. 1:1 parental support, Community capacity/sustainability. Universal. Referral for 1:1 support https://forms.office.com/e/MJZsW7N24p/	Perthshire	clairetaylor@pkc.gov.uk Claire Taylor 07917 552598	Support	

Perth & Kinross Council - Services for young people	Services for young people will work with and support young people aged between 12 and 25 and their families to resolve concerns at home, school and community.	Perthshire	Services for young people - Perth & Kinross Council Email: IntensiveSupport@pkc.gov.uk Tel: 01738 474580	Support	
Perth and Kinross Council – Early Intervention and Access Team (Previously Child Protection Duty Team)	Providing a 24-hour service in Perth & Kinross, providing advice, information and guidance on concerns raised about children and young people.	Perthshire	Child protection - Perth & Kinross Council Tel: 01738 476768	Support	
Perth and Kinross Council - Children and 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. We work within the GIRFEC principles Getting It Right for Every Child. Self or service referral.	Perthshire	Children and Disability Social Work - Perth & Kinross Council Email: ChildrenandDisabilityTeam@pkc.gov.uk Tel: 01738 454491	Support	
Perth and Kinross Council - Parenting and Family Learning Team	The Parenting and Family Learning Team is a team that offers a variety of friendly groups and services for parents and carers, helping to build positive relationships.	Perthshire	Parenting and family learning - Perth & Kinross Council Email parenting@pkc.gov.uk Tel: 01738 477697	Support	
Perth and Kinross Council - SCOPE	SCOPE is a multi-disciplinary team supporting young people and adults with a learning disability and/or Autism with complex needs.	Perthshire	Email: scopeteam@pkc.gov.uk	Support	
Perth and Kinross Council - SHINE	The SHINE team at Perth and Kinross Council provides support for children and young people with autism spectrum disorder (ASD) and other complex needs, focusing on empowering families and promoting independence.	Perthshire	SHINE - Perth & Kinross Council Email: SHINE@pkc.gov.uk Tel: 01738 475199 Referral form: SHINE Referral Form (updated)	Support	
Perth Autism Support	Perth Autism Support aims to support gaps identified in the support of autistic children and young people up to the age of 18 and their families in Perth & Kinross.	Perthshire	Home - Perth Autism Support Tel: 01738 451081	Support	

Perthshire Independent Advocacy	To safeguard your rights, help you to understand your choices, and empower you to be heard within circumstances that affect your life. We are a completely confidential and free service for those living in Perth & Kinross.	Perthshire	Home - IAPK - Independent Advocacy Perth and Kinross Tel: 01738 587887	Support	
Perthshire Women's Aid	Offer specialist knowledge and understanding of the issues that surround domestic abuse for women, children and young people. We strive to ensure that our services are easy to access.	Perthshire	Home - Perthshire Women's Aid Tel: 01738 639043 24h Helpline: 0800 027 1234	Support	
RASAC	Provides support for women, transwomen and all young people between the age of 12-18 who have experienced sexual violence at any time in their lives.	Perthshire	RASAC Perth & Kinross Email: Support@rasacpk.org.uk Tel: 01738 626290	Support	
Waythrough (Previously Richmond Fellowship)	Supported housing, community based support, employment services, crisis services, domestic abuse services & social enterprises.	National	Home - Waythrough	Support	
Scottish Transitions Forum	Information videos and blogs supporting parents and carers.	National	Scottish Transitions Forum - ARC Scotland Tel: 0131 663 4444	Support	
Support Choices	Support Choices offers free information, advice and support to guide you through the process of organising your care support. Our aim is to make sure you have the information and confidence you need to make the choices that are right for you.	Perthshire	Home | Support Choices Email: info@supportchoices.co.uk Tel: 01350 729130	Support	
Tayside Council on Alcohol	TCA works alongside people, families and communities to mitigate the impact of substance use, gambling, offending and other risky or harmful behaviours.	Tayside	Tayside Council on Alcohol | Alcohol Advice, Information and Support Services Tel: 01738 580336	Support	
Victim Support	We're here to help anyone affected by crime, not only those who experience it directly, but also their friends, family and any other people involved. It doesn't matter when the crime took	National	Get support as a victim of crime | Victim Support Scotland Tel: 0808 1689 111	Support	

	place – you can get our support at any time, and for however long you need us.				
Vision PK	Vision PK is the charity for people with a sensory impairment living in Perth and Kinross – whether you are blind, partially sighted, hard of hearing or deaf, we are here to help you continue living an independent life. Whether you're looking for information about your visual impairment or hearing loss, want to talk through your worries or concerns, or get answers to your burning questions – we are here to help you.	Perthshire	Home - VisionPK Email: info@visionpk.org.uk Tel: 01738 626969	Support	
One Parent Families Scotland	One Parent Families Scotland is the leading charity working with single parent families in Scotland. We provide expert advice, practical support and campaign with parents to make their voices heard to change the systems, policies and attitudes that disadvantage single parent families. Our single parent tailored topics and search option offers face-to-face family support services and a wealth of advice and information on various topics.	National	Changing lives, challenging poverty - One Parent Families Scotland Email: info@opfs.org.uk Tel: 0131 556 3899 Call the Lone Parent Helpline on - 0808 801 0323	Support	
National Deaf Children's Society	Gemma Laird is your community connector for the National Deaf Children's Society in North East Scotland. Gemma is here for you – offering support, sharing her experience, and helping you access local resources and services, including those from the National Deaf Children's Society, while also connecting you with other parents and deaf children in your community.	North East Scotland	National Deaf Children's Society | For every deaf child Email: gemma.laird@ndcs.org.uk Tel: 07483 361995	Support	