

List of organisations which can support families and young people with ASN to transition to post school choices

Organisation	Brief Description of support provided
<p>1 Activity Agreements City Base Scott Street Perth PH2 8JW Telephone: 01738 474592/474591 Contact: Rosa Huczynska Email: RHuczynska@pkc.gov.uk</p>	<p>Through the MCMC strategy for Scotland, Perth and Kinross aims to further reduce young people not in employment, education or training. We know that some young people face a multitude of barriers before they are able to take up offers of employment or training and others find difficulty in sustaining the placements/destinations they are in.</p> <p>Currently there is a variety of supported provision for young people in Perth and Kinross. We aim to increase the number of young people progressing to employment, training or further learning. Nationally the Scottish Government has introduced Activity Agreements: An Activity Agreement is an agreement between a young person and an advisor/trusted professional/key worker that the young person will take part in a first steps programme of learning and activity which builds their personal and employability skills. The young person will receive an individualised programme of ongoing support that may include an EMA. The LINC programme is good example of partnership working to deliver this.</p>
<p>2 ADHD Support Group (Perth & Kinross) Tayview Industrial Estate Friarton Road Perth Contact: Lorna Redford Email: lmredford@live.co.uk Website: www.pkasg.co.uk Mobile: 07545304904</p>	<p>The Perth & Kinross ADHD Support Group offering Advice, Support and Understanding to those who suffer from Attention Deficit Hyperactivity Disorder and other related social and behavioural disorders.</p>
<p>3 Cornerstone Respite Service Cornerstone Suite 2B Riverview House Friarton Road Perth PH1 8DF Contact: Jillian Hotchkies Telephone: 01738 587944 Email: enquire@cornerstone.org.uk Website: www.cornerstone.org.uk</p>	<p>The respite and short breaks bureau will operate as a coordination service for people accessing respite and short breaks within Perth & Kinross.</p> <p>Cornerstone will source quality providers that will meet the needs of the individual; we will look for the right respite venue or event to suit the individual.</p> <p>Cornerstones aim is “to enable the people we support to enjoy a valued life” Within the short breaks and respite bureau we will work with the individual/families/carers to ensure that the service they receive is tailored to the persons wants and needs.</p> <p>Cornerstone will support individuals to manage their financial budgets and will keep individuals informed on a monthly basis of how their budget is running.</p> <p>Types of Respite:</p> <ul style="list-style-type: none"> • Holidays abroad

	<ul style="list-style-type: none"> • Events • Concerts • Overnight city breaks • Caravan holiday • Lodges • Respite centres • Community support
<p>4 Day Opportunities Learning Disabilities (Perth and Kinross Council) Contact: Team Leader: Brian Kinnear Telephone: 01738 628099 Email: BSKinnear@pkc.g.uk</p> <p>Kinnoull Day Opportunities Contact Depute Manager: Susan Hynd Telephone:01738 472340 Email: Smhynd@pkc.gov.uk</p> <p>Blairgowrie Day Opportunities Depute Manager: Mark Stratton Telephone:01250 871919 Email: MStratton@pkc.gov.uk</p> <p>Gleneagles Day Opportunities Contact Manager: Elizabeth Johnstone Depute Manager: Linda Kane Telephone: 01738 472345 Email:EJohnstone@pkc.gov.uk Email: LMMcGunnigle@pkc.gov.uk</p>	<p>Day Opportunities offers a service for adults with learning disabilities. Aged between 16 to 65 years.</p> <p>Kinnoull Community Day Opportunities offer a programme of activities in various localities throughout Perth and Kinross using community venues. We promote person centred values in all areas and aim to enhance people’s life experiences whilst promoting independence.</p> <p>A variety of opportunities and activities are on offer in topics such as sport, drama, arts and crafts, education and training for voluntary work, gardening and life experiences such as Independent living skills. Kinnoull promote involvement in individuals own communities and forge links and development through community partnership working.</p> <p>Blairgowrie Day Opportunities provide a variety of activities for individuals in the community and within the hub at Jessie street. We are supporting the development of the Join In Group which enables all in the community to become involved. We have close links with the Employment Support Team to develop work opportunities for individuals.</p> <p>Jessie street is a multi-agency setting which includes Older Adults services, Mental Health and Learning Disabilities teams.</p> <p>There is a focus on individuals’ realising their potential through various learning opportunities which include the use of public transport, money skills, independent living skill etc.</p> <p>Gleneagles Day Opportunities offers various activities to individuals with profound multiple learning disabilities, complex needs and challenging behaviour. Our activities are both centre and community based i.e. Live active, indoor bowling, wheel chair ice skating, sensory, independent living skills to name a few. We work in partnership with different agencies Perth college, NHS and PAMIS. The team are highly skilled in meeting individual’s person’s needs ensuring that we offer a personalized service.</p>
<p>5 Employment Support Team (Perth & Kinross Council) Contact: Manager - Jackie Scrimgeour Telephone: 01738 477638</p>	<p>The Employment Support Team offers employability related support to people with learning disabilities / mental health difficulties/acquired brain injury and/or autistic spectrum diagnosis to prepare for, find and maintain employment.</p>

<p>Email: JScrimgeour@pkc.gov.uk Supported Living Team (Perth & Kinross Council) Contact: Manager – Jackie Scrimgeour Depute Managers - Eileen Benbow / Sharon Sandeman/Tom Wheelan Telephone: 01738 628099 Email: EBenbow@pkc.gov.uk SSandeman@pkc.gov.uk TWheelan@pkc.gov.uk</p>	<p>The team work in partnership with other employability organisations and employers using a Person Centred Approach to maximise individuals' skills and abilities and opportunities</p> <p>The Supported Living Team is a housing support service for individuals (aged 16 years +) with learning disabilities and varying needs. Using an individualised approach our experienced team support individuals to fulfil their potential to live as independently and inclusively as possible in their own community. The team offer a high quality service focussing on individuals being active citizens in their communities where individuals are supported to access their chosen social and/or work opportunities.</p>
<p>6 Independent Advocacy Perth & Kinross 90 Tay Street Perth PH2 8NP Contact: Julie Hutton Telephone: 01738 587887 Email: enquiries@iapk.org.uk Email: juliehutton@iapk.org.uk</p>	<p>Independent Advocacy Perth & Kinross aims to support people to express their own needs and make their own informed decisions by speaking on behalf of people who have difficulty in speaking for themselves or are unable to do so. We provide support to people with mental health issues, learning and/or physical disabilities and carers as well as older adults, who are frail or have dementia and children & young people who are under 25 years of age.</p> <p>Some examples of how we can support children and young people to get their views heard are: preparing for and going with the person to meetings at school or college; to do with health; to do with housing etc., writing letters, finding information. Advocates will not tell you what to do; they will not judge you; they will support you to say what <u>you</u> want; they will not be influenced by anyone else; they will stand by you when you have decisions to make that affect your life.</p>
<p>7 Learning Disabilities Team Health - request to share stand with the learning disability social work team Community Learning Disability Nurse Birch Avenue Centre 55 Birch Avenue Scone Contact: Arlene Dawson Telephone: 01738 555420 Email: AMcManus@pkc.gov.uk or angie.mcmanus@nhs.net arlenedawson@nhs.net</p> <p>Alana McManus (555425)</p> <p>NHS Tayside-Craigmill Outreach Horticulture Project Contact: Sue Young Telephone: 01738 555414 Email: sueyoung@nhs.net</p>	<p>Provide assessment and specialist health input for people with a learning disability. Support Health care needs and work in partnership with other agencies e.g. primary care, social work department, education, voluntary organisations as well as working together with clients their carers and families to support health care needs.</p> <p>NHS Tayside-Growing Capability is based at the Walled Garden, Upper Springland, Mondays and Tuesdays This is a Horticulture voluntary work and training project for people with a mild learning disability who have a difficulty in accessing other work activities. It is run by NHS Tayside Occupational Therapy Service for People with a Learning Disability in partnership with Capability Scotland.</p>

<p>8 Live Active Leisure Health and Inclusion Manager Live Active Leisure Caledonia House Hay Street Perth PH1 5HS Contact: Gill McShea Telephone: 01738 454600 Fax No: 01738 627191 Email: gamcshea@liveactive.co.uk Website: www.liveactive.co.uk</p>	<p>Live Active Leisure is a local Trust that provides opportunities and services to support local people to benefit from being physically active and participating in leisure activities. Being physically active is great for improving your health and building confidence and self-esteem. We operate facilities across Perth and Kinross that provide a great range of activity opportunities. We also work with our partners to offer support to groups and individuals who may find access to leisure more difficult.</p> <p>As a local employer we provide a diverse range of training and employment opportunities for anyone interested in a career in the leisure industry. Whether catering in one of our café's, a general assistant in a sport centre or lifeguard at one of our pools.</p> <p>Our website is the best starting point for more information. www.liveactive.co.uk</p>
<p>9 NHS Tayside (Young People's Health Team) Drumhar Health Centre North Methven Street Perth PH1 5PD Contact: Tracy Ross Telephone: 01738 564294 Email: ypht.tayside@nhs.net tross@nhs.net</p>	<p>NHS Tayside (Young People's Health Team) provides a broad based health and information service for 12 to 25 year olds plus a drop in centre once a week in Blairgowrie and Perth.</p>
<p>10 PAMIS Can we please have a space beside an electric socket as we have a laptop we use to show video footage Contact: Maureen Phillip Telephone: 01382 385154 Email: m.phillip@dundee.ac.uk Email: pamis@dundee.ac.uk</p>	<p>PAMIS work in partnership with people with profound learning disabilities and their carers.</p>
<p>11 Parent to Parent Alder Clinic Turnberry Avenue Dundee DD2 3TP Contact: Moira Bisset Telephone: 01382 817558 Direct Line 01382 630044 – A/Machine Email: moira.bisset@parent-to-parent.org</p> <p>11 Family Support and Advocacy Workers Telephone: 07930266473 Email: Mairi.simpson@parent-to-parent.org, Early Years Worker supporting families Sheena.thomson@parent-to-parent.org</p>	<p>Parent to Parent provides advocacy, support and mediation on a variety of issues including education for children and young people (0-18years) with additional needs as well as their families.</p>

Family Support Worker and Young Person's Advocate	
<p>12 Perth College Crieff Road Perth PH1 2NX Contact: Charlie Collie Telephone: 01738 877565. Contact Hannah Campbell Transition Officer Telephone: 01738 877615</p>	<p>The Social and Vocational Studies Department within Perth College provides individual programmes of study within a supported learning environment. If you are a young person or adult who might benefit from building your confidence, skills and independence, please get in touch and find out more.</p>
<p>13 PKAVS Young Carers Support Worker PKAVS Young Carers Project The Gateway North Methven Street Perth PH1 5PP Contact: Katie Marchall Telephone: 01738 567076 Mobile:07779638169 Katie.Marshall@pkavs.org.uk</p>	<p>PKAVS young carer's project supports young people between the ages of 5 and 18 who have responsibility for the care of a family member who has a disability, mental illness, chronic illness or substance dependence. A young carer is someone who provides practical and/or emotional support to a family member and can as a result, often feel isolated, unable to cope, different from peers and unable to engage in activities in the same way as their friends. PKAVS young carers project offers support and information to young carers and their families, an opportunity to meet other young carers, access respite and time out and an opportunity to express personal views and opinions and to be listened to.</p>
<p>14 PUSH 190 South Street Perth PH2 8NY Contact: Stephen Murray Telephone: 01738 621929 Email stephen@pushinfo.org</p> <p>Learning Curve The Learning Curve A K Bell Library York Place Perth PH2 8EP Contact: Rosalind Ashling Tel: 01738 477092 Email: learningcurve@pkc.gov.uk RAshling@pkc.gov.uk</p>	<p>PUSH provides an information and enquiry service and support for young people and adults with learning difficulties to take up opportunities of social activities, money management, respite day breaks and life skills. We also have a drop-in open through the day for information and the opportunity for a break. We also offer training and awareness sessions to community groups, schools and organizations. We have recently opened a Charity shop which is staffed by our members. This provides on the job work skills with a tiered evacuation system that monitors your development allowing you to be the best you can be in the world of work.</p> <p>Based at the A K Bell Library, the Learning Curve is a place where people can access opportunities to improve their English, reading, writing, number and computer skills by taking part in the wide range of free help available. We support groups and individuals to: develop reading, writing, spelling and writing skills, improve English language skills for speakers of other languages (ESOL), make informed choices, become more successful learners and confident individuals, respect themselves and others, be active and involved in their community and improve their employability</p>
<p>15 Skills Development Scotland Perth Careers Centre</p>	<p>Skills Development Scotland will help you to make decisions about your learning and your career.</p>

<p>Highland House St Catherine's Road Perth PH1 5RY Telephone: 01738 637639 Contact: Shona Weir Email: shona.weir@sds.co.uk</p>	<p>Whether you are making choices at school, furthering your education, thinking of a career or looking for a job we have the expertise to help you make well-informed decisions.</p> <p>Careers Advice-We can provide careers, information, advice and guidance which will help you to make choices which suit your skills and abilities.</p> <p>My World of Work-our web service, www.myworldofwork.co.uk is full of features and advice to help you identify your strengths and to match you to the types of learning and jobs which will suit you. You can create your own CV, search for jobs and courses; get interview tips and lots more.</p> <p>Employability Programmes-We fund learning providers to offer a range of training opportunities which will build on your skills, build your confidence and introduce you to the world of work.</p> <p>We can help you to:</p> <ul style="list-style-type: none"> • Choose the right training • Understand your strengths • Learn more about the careers that interest you • Build and customise your CV • Search for jobs
<p>16 (Social Work) Learning Disabilities Team (Perth & Kinross Council) Contact: Duty Worker -Telephone: 07919692323 Access Team – Telephone: 08453011120 Email: accessteam@pkc.gov.uk</p>	<p>The specialist Learning Disability Social Work Team provides social work support for people with a learning disability and their families. As part of the implementation of personalisation and the agenda for change, the Learning Disabilities Team has been redesigned to encompass this and has moved to locality working.</p>
<p>17 Support Training Ltd - Life Skills Centres 6 Scott Street Perth PH1 5EJ Contact: Telephone: 01738 449894</p>	<p>Support Training Ltd provides a process of continuous training that assists young people looking to enter the working environment.</p>
<p>18 YMCA YMCA Perth and District 5 Charlotte Street Perth, PH1 5LW Contact: Jill McGrath Telephone: 01738 630 121 Mobile:0788 645 6012 Email: jill@ymcaperth.com</p>	<p>Across Scotland YMCAs work to support and develop over 12,000 young people every week under the age of twenty five. The primary target group for YMCAs includes young people struggling to cope with issues such as drugs, alcohol, family crises, housing, offending and other forms of anti-social behaviour. Whatever the problem YMCAs are there to serve the needs of those most vulnerable and excluded from our communities.</p>
<p>19 Job Centre Plus 6062 High Street Perth PH1 5TH Contact: Judith Alexander Telephone: 08456043719 Website: www.jobseekers.direct.gov.uk</p>	<p>They have help and advice about the wide range of services available from your local JobCentre Plus as well as detailed information about claiming unemployment and incapacity benefits in the UK. They are an independent and impartial guide to government services available through the JobCentre Plus. They also have some great job searching and application tips.</p>

<p>20 GIRAFFE and Checkin 53 South Street Perth PH2 8PD Contact: Anthea Coulter Telephone: 01738 449227 Email: info@giraffe-trading.co.uk Website: www.giraffe-trading.co.uk Anthea@checkinggiraffe.org.uk</p>	<p>Giraffe-Trading is Perth and Kinross's first community interest company dedicated to offering employment activities to local people with mental ill-health, disabilities and other disadvantages in the workplace.</p>
<p>21 Autism Initiative / One Stop Shop Contact: Jill Murdoch Telephone: 01315517260 Website: www.autisminitiatives.org Email: hos@aiscotland.org.uk</p>	<p>Founded in the early 1970s in the Merseyside region, Autism Initiatives is a parent-led charity and a member of both the Autism Alliance and the Confederation of Service Providers for People with Autism (CoSPPA).</p>
<p>22 Welfare Rights Pullar House 35 Kinnoull Street Perth PH1 5GD Telephone: 01738 476900 Email: welfareright@pkc.gov.uk</p>	<p>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.</p>
<p>23 ENABLE / F.U.N. Unit B16 Highland House St Catherines Road Perth PH1 5YA Contact: Marie Galletly Shannon Abbot Telephone: 01738 493990. Website: www.enable.org.uk Email: Maire.Galetly@enable.org.uk Shannon.Abbott@enable.org.uk raymond.brennan@enable.org.uk</p>	<p>An innovative project is set to launch in Perthshire in November to provide a friendship and social network for people who have a learning disability. Friends Unlimited Network (FUN) will organise a range of social events annually – events will be determined by members and will bring people together through fun and enjoyable activities</p>
<p>24 Youth Services City Base 68-86 Scott Street Perth PH2 8JW Contact: James Allan Telephone: 01738 474580</p>	<p>Youth Services City Base Team (@Scott Street) is an information and counselling service for young people run with young people.</p>
<p>25 Cultural Services 35 Kinnoull Street Perth PH1 5GD Contact: Helen Smout - Service Manager Telpehone: 01738 476282 Email: HSmout@pkc.gov.uk</p>	<p>We also provide cultural services such as arts, museum and library services.</p>

<p>26 Mindspace 51 York Place Perth PH2 8EH Contact: JMilne@pamh.co.uk Telephone: 01738 631639 Email: info@mindspacepk.com Website: www.mindspacepk.com</p>	<p>Mindspace Limited (registered 2014), formerly Perth Association Mental Health, was formed in 1981 by Margaret Lamond. She recognised the value of a self-help group for people recovering from mental illness meeting for mutual support.</p> <p>Our services have developed since then to include Mindspace Counselling Service. Counselling is delivered both in Perth City and at a number of rural locations around Perthshire. Our counselling service is open to individuals over 11 years of age.</p> <p>Mindspace Recovery College is our latest enhancement where anyone in our community can learn more about living with and managing mental health. There are also sessions on life skills, employability skills and supporting others through peer mentoring. This is done working alongside people with lived experience of mental ill health.</p>
<p>26 The WEB 80 Princes Street Perth PH2 8LH Contact: Kirstie Howell Telephone: 01738 451594 Email: kirstie.howell@cairscotland.org.uk Website: www.cairscotland.org.uk</p>	<p>The WEB Project, as part of the Perth & Kinross Substance Misuse Service - in partnership with Perth & Kinross Drug and Alcohol Action Team provides assessment, treatment and intervention services to young people aged 10 - 24 who are having problems with their substance use (alcohol and legal and illicit drugs). Young people can self-refer to the service.</p>
<p>27 Equal Futures 54 Manor Place Edinburgh EH3 7EH Contact: Suzanne Cockburn Telephone: 0131 2265454 Email: suzanne@equalfutures.org.uk Website: www.equalfutures.org.uk</p>	<p>Equal Futures is a family led organisation created by a group of parents who have a family member with disabilities. Our aim is to create a good life for people. We understand the challenges and issues faced by families who want to plan for a safe and secure future for their relative. We want everyone to see that an ordinary life is achievable</p>
<p>28 MEAD The Old Academy Building 6-7 Rose Terrace Perth PH1 5HA Telephone: 01738 634789</p>	<p>MEAD (Minority Ethnic Access Development) is our Service for Minority Communities. MEAD gives tailored support to people from minority ethnic backgrounds, particularly Eastern European, South Asian and Chinese. Established in 2010, MEAD is the lead project supporting the expanding migrant population in Perth & Kinross, helping hundreds of people to access local services and play an active role in their community.</p>
<p>29 Saints Academy-Dave Black St Johnstone Football Club MacDiarmid Park Crieff Road Perth PH1 2SJ Contact: Dave Black Telephone: 01738 759090</p>	<p>Saints have teamed up with Perth and Kinross Council's Housing and Community Care services department to launch the SAINTS Academy – the SAINTS in this case standing for Saints Academy – Inclusion Through Sport.</p> <p>The initiative will offer adults with learning disabilities, autistic spectrum disorder or mental ill-health the opportunity to participate in a range of different sports on a regular basis and working with Sports Development Officers and community coaches participants will get the chance to receive regular</p>

	coaching in sports such as football, cricket, tennis and rugby at accessible venues across Perth & Kinross.
<p>30 Enquire Children in Scotland Rosebery House 9 Haymarket Terrace Edinburgh EH12 5EZ Telephone: 0131 313 8800 Email: info@enquire.org.uk Website: www.enquire.org.uk</p>	<p>We are the Scottish advice service for additional support for learning. We are managed by Children in Scotland and funded by the Scottish Government. We offer independent and impartial advice and information to parents, carers, practitioners, children and young people through our:</p> <ul style="list-style-type: none"> • telephone helpline – 0845 123 2303 • online enquiry service • email address – info@enquire.org.uk • website – www.enquire.org.uk <p>We also provide a range of clear and easy to read guides and factsheets explaining everything from how to find out if your child needs extra help at school to what should happen when they leave school.</p>
<p>31 VisionPK (formally known as Perth & Kinross Society for the Blind) 14 New Row Perth PH1 5QA Contact: Gill Sutherland Telephone: 01738 626969 Email: gill.sutherland@visionpk.org.uk</p>	<p>VisionPK has a long history of providing services for blind and partially sighted people in Perth and Kinross.</p> <p>We offer services to anyone, of any age, who has a significant visual impairment.</p> <p>We provide a range of services including:</p> <ul style="list-style-type: none"> • Advice and information • Assessment and rehabilitation services • Social and leisure activities • Visual awareness training <p>We are funded partly by Perth and Kinross Council and partly from charitable sources.</p>
<p>32 Tourettes Scotland Ruth Smith Project Co-ordinator Tourette Scotland Ruth Smith, Tourette Scotland ruth@tourettescotland.org</p>	<p>Tourette Scotland is a registered charity that supports all those affected in Scotland by the lifelong condition known as Tourette Syndrome. We provide advice, support and information for children and adults via a helpline and website and local face to face support groups. We also provide awareness training, factsheets and information packs for professionals working with TS, and seek to improve services and promote awareness about TS throughout Scotland.</p>