



Directory of Services for Children and Families with Disabilities in Moray

Sources of Support, Information and Funding



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Our aim is to update this document regularly. However; if in the meantime you are aware of any sources of support which you think need to be added, removed or amended please contact the Children and Families Disability Team on AdminEast@moray.gov.uk or 01542 837 241 so that this list can be as up to date and relevant as possible.

If you think you or your family need help or support from the Local Authority, please speak to your child's Named Person in the first instance.

Please also see ALISS (A Local Information System for Scotland), an online resource. Please type in your postcode at www.aliss.org.

Online and Telephone Support

ADHD / ASD UK Community Support	Facebook - Closed Group for Parents Online Social Media community and discussion forum in relation to ADHD and Autism Spectrum Disorders
Asperger's and ASD Online Forum	www.asd-forum.org.uk Online community and discussion forum
Autism Mums Tips and Ideas	Facebook page and closed Facebook group which families have found very helpful and supportive.
Children 1 st Parentline	www.children1st.org.uk/help-for-families/parentline-scotland National Parentline 08000 28 22 33 Whatever it is that affects your family, you can talk it over with us. We'll listen to you with kindness, give you time to think things through and support you.
Contact	www.contact.org.uk 0131 659 2930 Helpline 0808 808 3555 We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others.
Enable Scotland	www.enable.org.uk 0300 200 101 Moray – Anne Speake 01343 870 178 We are a Scottish charity, working for an equal society for every person who has a learning disability. Whether you, a family member or someone you care for has a learning disability, we're here for you. We're here to listen. We're here to support. We're here to help you speak up and be heard – wherever you are in Scotland.
Hope for HIE	Facebook This is an online forum of parents and carers for children with the brain injury Hypoxic Ischemic Encephalopathy (HIE).
The Mighty	www.themighty.com The Mighty is a digital health community created to empower and connect people facing health challenges and disabilities.
Scottish Autism Right Click	www.scottishautism.org/services-support/support-families/online-support-right-click Right Click is for parents or carers of individuals on the autism spectrum who are in particular need of information and support. Our experience tells us that this is often when a child is newly or recently diagnosed or when they are coming up to a major personal or environmental transition and so we have developed our programs accordingly.

Allied Health Professionals

Speech and Language Therapy	<p>Department of Speech and Language Therapy Glassgreen Centre 2 Thornhill Drive Elgin IV30 6GQ Tel: 01343 553 100 e-mail: grampian.sltmoray@nhs.net</p> <p>The Moray Speech and Language Therapy Service may see children and adults with a speech, language, communication, voice or swallowing difficulty.</p> <p>We offer assessment, support and management of these difficulties and base our care on understanding each individual; their environment, lifestyle, needs and wishes.</p> <p>People who access the service can be seen in health centres, schools, nurseries, homes, hospitals or day centres.</p> <p>We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly.</p>
Paediatric Occupational Therapy	<p>Paediatric Occupational Therapists Cherry Tree Therapy Centre Dr Gray's Hospital</p> <p>01343 567 365</p> <p>The Paediatric Occupational Therapy team enable children to improve their independence in practical daily tasks, such as self-care (dressing, eating), work (handwriting, PE), and leisure (play). In addition, adapting or altering a child's environment by using equipment or strategies to maximise functional independence.</p> <p>Within Paediatric Occupational Therapy, assessment can be carried out on a child's sensory and motor skills and how this affects their daily life and independence. If appropriate, regular treatment can be provided aimed at improving a child's development leading to an improvement in functional skills. Therapy programmes for school and home, recommending activities and strategies to incorporate into the child's daily activities can form part of intervention</p> <p>Occupational Therapists can see children in community settings such as playgroups or schools, within the home environment or at the Occupational Therapy department.</p> <p>We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly.</p>

<p>Paediatric Physiotherapy</p>	<p>Paediatric Physiotherapy Team Cherry Tree Therapy Centre Dr Gray's Hospital</p> <p>01343 567 368</p> <p>Physiotherapists can offer assessments, as necessary, if your child has movement related problems. In general, a paediatric physiotherapist is involved in the assessment, treatment and physical management of children with movement related problems. They have a detailed knowledge of the normal and abnormal development of children, an understanding of the illnesses and conditions that can affect children and use a variety of treatment techniques to help maximise their independence.</p> <p>Through the medium of play and exercise programmes, the physiotherapist aims to guide the child through the various stages of development. If necessary, special equipment and furniture may be used in conjunction with the physiotherapy activities.</p> <p>It is preferable to see children as early as possible as early intervention improves functioning therefore decreasing the need for intervention later in life.</p> <p>We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly.</p>
<p>Community Occupational Therapy</p>	<p>Access Care Team</p> <p>01343 563 999 www.moray.gov.uk/moray_standard/page_39827.html</p> <p>Our team of Community Occupational Therapists and Occupational Assistants provide support and solutions to functional difficulties you may be experiencing in your home. This could be as simple as putting on socks or making your home wheelchair accessible.</p> <p>All enquiries will be managed by our Access Care Team based on our eligibility criteria. They can offer information, advice and arrange a care assessment.</p>
<p>Child and Adolescent Mental Health Service (CAMHS)</p>	<p>The Rowan Centre, Elgin</p> <p>01343 553 111</p> <p>A support service for all agencies working with children and young people around mental health issues and a multi-disciplinary assessment and treatment service for children and young people, their families and carers.</p>
<p>Occupational Therapy Sensory Workshops</p>	<p>Paediatric Occupational Therapy run regular Sensory Workshops where parents of children with sensory or processing difficulties can try out some equipment and sensory items.</p> <p>Parents can self-refer via Occupational Therapy 01343 567 244 / 01343 567 365</p>

<p>Moray Interagency Developmental Assessment and Support (MIDAS)</p>	<p>Heather Mustard – Children & Young Persons Team Lead 01343 559875 Email: heather.mustard@nhs.net</p> <p>MIDAS is a service for the families of pre-school children with complex needs who require support from a number of professionals. The key aim of MIDAS is to ensure the support families receive is as “joined up” and as responsive as possible. MIDAS places the child and family at the heart of all its processes.</p> <p>Where children have very complex needs, families can often find themselves in a stressful situation. The systems operated by the different professionals can be confusing and the number of appointments can be overwhelming. Sometimes, professionals are unaware of who else might be involved in the child’s case. Therefore MIDAS offers the following:</p> <ul style="list-style-type: none"> ▪ An understandable structure for appointments and meetings ▪ A system for professionals to come together with parents to discuss and plan for a child’s needs ▪ A named professional contact who, as the Professional Lead, liaises with other professionals on the parents’ behalf.
<p>Autism Diagnostic Assessment Pathway Team (ADAPT)</p>	<p>Heather Mustard – Children & Young Persons Team Lead 01343 559875 Email: heather.mustard@nhs.net</p> <p>ADAPT is multi-disciplinary team who are responsible for diagnosing children with ASD/Autism in Moray. The team involved in the pathway are:</p> <ul style="list-style-type: none"> - Consultant in Child Psychiatry - Speech and Language Therapists - Paediatric Occupational Therapist - Educational Psychologist - Principal Teachers of Autism - Paediatrician <p>The ADAPT process collates reports and information from all health and educational professionals involved with the child and their family. This may include reports from nurseries, teachers, health visitors, speech and language, occupational therapy etc.</p> <p>Once the reports and any required assessments are completed and collated, the multi-disciplinary team will discuss and liaise with the child’s nursery/class teacher/named person before hopefully being able to make a decision around diagnosis.</p> <p>Referral to this pathway can be made by any health professional, named person or even parents themselves.</p> <p>However, ADAPT will not be the only way that children in Moray can receive a diagnosis of ASD. It is sometimes necessary for a child with complex presentation to be seen and assessed by the Rowan Centre or Paediatrics.</p>

Child Smile NHS Scotland	www.child-smile.org.uk Good oral health in childhood means healthy teeth and gums throughout life. Child Smile is working to ensure all children, regardless of income or background, have the best possible start.
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Education and Communication

<p>CALL Scotland Communication, Access, Literacy and Learning</p>	<p>www.callscotland.org.uk/home/ 0131 651 6236</p> <p>We help children and young people across Scotland to overcome disability and barriers to learning created by their environment, and to fulfil their potential.</p>
<p>Early Years Education Service</p>	<p>Isla Dickinson Beechbrae Education Centre 01343 557 900</p> <p>Support for children in Nursery and early Primary School who require additional support for a number of reasons.</p>
<p>Earth Time</p>	<p>01343 541 335</p> <p>Earth Time is a charitable company who provide an assortment of exciting, creative, woodland/nature based and environmentally themed experiences for all ages and abilities. Speak to your child's school in the first instance.</p>
<p>Educational Psychology Services</p>	<p>www.moray.gov.uk/moray_standard/page_55663.html</p> <p>01343 550 999</p> <p>The Educational Psychology Service (EPS) is a team of registered psychologists who work with parents/carers, school staff and other professionals to help children and young people make the most of their education and to reduce the barriers that they may face.</p> <p>Our aims include enhancing social inclusion, social and emotional well-being of young people and families, and raising attainment. As a local authority in Scotland, we have a statutory duty to meet the needs of children and young people with additional support needs.</p>
<p>Enquire</p>	<p>www.enquire.org.uk</p> <p>Helpline 0345 123 2303</p> <p>Scottish advice service for Additional Support for Learning</p>
<p>Home School Link Workers</p>	<p>Each school in Moray has a Home School Link Worker linked to their pupils.</p> <p>Please speak to your child's school to find out more about the Home School Link Worker assigned to them and what support or information they can offer.</p>
<p>Moray Autism Service</p>	<p>http://www.moray.gov.uk/moray_standard/page_53352.html</p> <p>The Autism Development Team supports the needs of children and young people with an Autistic Spectrum Disorder (ASD) or a social communication disorder who are being educated in Moray.</p> <p>The team is available for pre-school to secondary age pupils as well as their teachers and families/carers. Specialist staff provide advice to pupils who have been referred and can work with them as individuals or in small groups.</p>

Sensory Education Service	<p>www.moray.gov.uk/moray_standard/page_59423.html</p> <p>Paul Duncan 01343 557 921</p> <p>Our Sensory Education Service comprises the Hearing Education Service and Visual Education Service. We aim to promote access and opportunity for deaf and visually impaired children within Moray, to ensure they achieve their full potential.</p> <p>We do this by working collaboratively with parents and schools to ensure a high quality of education appropriate to the needs of the child. We also offer support, advice and training opportunities to school staff and parents.</p>
Sign-a-Long	<p>www.signalong.org.uk/</p> <p>Signalong provides training and resources to assist those with communication difficulties and English as an additional language.</p> <p>Signalong is a key word sign-supported communication system based on British sign language and is used in spoken word order. It uses speech, sign, body language, facial expression and voice tone to reference the link between sign and word.</p>
Social, Emotional and Behavioural Needs (SEBN)	<p>www.moray.gov.uk/moray_standard/page_116126.html</p> <p>01343 557 914</p> <p>Our SEBN service offers targeted support to children and young people to help address their social, emotional and behavioral needs.</p>
Developmental Playgroups	<p>Moray has four Developmental Playgroups which are for children with additional support needs pre-school and early years childcare and education.</p> <p>Ladybird Developmental Playgroup – Lossiemouth www.theladybirdgroup.com</p> <p>Noah’s Ark Developmental Playgroup – Forres www.noahsarkforres.co.uk</p> <p>Sunshine Developmental Playgroup – Keith www.sunshineplaygroup.org.uk</p> <p>Teddy Bears Developmental Playgroup – Buckie www.educationandtraining.org.uk/schools/school/the-teddy-bear-developmental-playgroup</p> <p>Please speak to your child’s Health Visitor if you would like to know more about attending a Developmental Playgroup.</p>

Support for Carers

Carer Smart Discount Club	<p>www.carersmart.org/</p> <p>www.carersmart.org/Account/Register</p> <p>Carer Smart is a club from Carers Trust, the UK's largest carers charity and is open to carers across the Carers Trust network.</p> <p>Offers include:</p> <ul style="list-style-type: none"> ● Cashback on shopping ● Best rate from energy providers ● Reductions on insurance renewal ● Discounts on holidays and travel arrangements ● Reduced price lifestyle activities ● Free legal advice services
Carers Trust Scotland	<p>www.carers.org</p> <p>We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.</p> <p>We do this with a UK wide network of quality assured independent partners and through the provision of grants to help carers get the extra help they need to live their own lives.</p>
CHIP + Children in the Highlands Information Point	<p>www.chipplus.org.uk</p> <p>CHIP (Children in the Highlands Information Point) offers information, support and advice to the families and carers of children and young people with additional support needs, and to professionals who work with them. Based in Inverness, CHIP offers a friendly, free and confidential service throughout Highland region.</p> <p>Although it covers Highland, it can be accessed by families in Moray and there are lots of useful resources on their website.</p>
Circles Advocacy	<p>www.circlesnetwork.org.uk/circles-advocacy/</p> <p>www.circlesnetwork.org.uk/wp-content/uploads/2018/07/Advocacy-leaflet - Moray-2017.pdf</p> <p>01343 559 546 40-42 Moss Street, Elgin</p> <p>We specialise in providing independent, professional, issue based advocacy for thousands of people. In addition we provide collective advocacy in some communities and in the wards of certain clinics and hospitals.</p>

Parent Able Moray	Closed Facebook Group where online peer support and advice is local and up to date.
Parent Club Scotland	<p>www.parentclub.scot and Facebook</p> <p>Parent Club is a Scottish Government initiative set up to promote health and education campaigns to parents.</p> <p>The website parentclub.scot is full of handy hints to help parents tackle the challenges of raising kids.</p>
Penumbra	<p>www.penumbra.org.uk/service-locations/north-area-services/moray/moray-wellness-centre/</p> <p>0800 234 3490 01343 556 191</p> <p>Mental Health and Wellness Centre, Moray</p> <p>The service is provided by a team of Recovery Practitioners, Recovery Workers, and Peer Workers, who have a personal lived experience of mental health problems and can share their own recovery story to inspire hope and belief that recovery is possible for all.</p>
Quarriers	<p>01343 556 031</p> <p>Parents and carers can self-refer via email (carersmoray@quarriers.org.uk) or at the office at 44 High Street, Elgin, IV30 1BU.</p> <p>www.quarriers.org.uk/services/adult-carer-support-service-moray/</p> <p>Quarriers Carer Support Service (Moray) offers practical and emotional support to all unpaid carers.</p> <p>Quarriers are commissioned by the Moray Council to support Carers in completing Adult Carer Support Plans in line with the Carers (Scotland) Act 2016.</p> <p>Learning Opportunities are available as well as Carer Peer Support Cafes, which run monthly throughout Moray.</p>
Sibs For brothers and sisters of Children with disabilities	<p>www.sibs.org.uk</p> <p>Sibs exists to support people who are growing up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.</p>

Grants and Sources of Funding

Archie Foundation	<p>www.archie.org</p> <p>A children’s charity with a family of funds, all different, but with the same aim – to make the difference to children’s healthcare.</p>
AskSARA	<p>https://asksara.dlf.org.uk</p> <p>AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled adults and children.</p>
Cauldwell Children	<p>www.cauldwellchildren.com</p> <p>We provide the life-changing support disabled children need to lead happy, active and independent lives.</p>
Disability Grants	<p>www.disability-grants.org</p> <p>This website is a guide to some of the funding and grants available.</p>
Douglas Bader Foundation Bader Braves	<p>https://www.douglasbaderfoundation.com/bader-braves</p> <p>Aviation Days:</p> <p>Bader Braves supports children with limb loss and other physical disabilities by offering unique experiences and improving life-skills to increase confidence.</p> <p>Grants:</p> <p>The scheme may help towards or provide the equipment, training, services, further education or other practical support required by the successful applicant.</p>
Elgin Rotary Club	<p>https://www.rotary-ribi.org/clubs/homepage.php?ClubID=28</p> <p>Davie Small Secretary@Elgin.rotary1010.org</p> <p>Elgin Rotary Club considers donations to individuals or groups based on information supplied on the Application for Funding Assistance forms.</p> <p>Each application is considered on its merits and of course the availability of funds in the club charitable account.</p>
Family Fund	<p>www.familyfund.org.uk</p> <p>The Family Fund is the UK’s largest provider of grants to families living on the lowest incomes.</p> <p>It gives grants to families who are raising a disabled or seriously ill child aged 17 and under.</p>

Give Them a Sporting Chance	<p>www.givethemasportingchance.com</p> <p>Give Them a Sporting Chance was started in 1990 to give people fun, life changing experiences and an opportunity to see beyond themselves.</p>
Merlin’s Magic Wand	<p>www.merlinsmagicwand.org</p> <p>Merlin's Magic Wand is a children's charity that supports children facing challenges of serious illness, disability or adversity around the world.</p> <p>The Charity provide tickets and fund travel grants to families to enjoy their day at a Merlin Entertainments’ attractions, such as LEGOLAND Resort® theme parks, SEA LIFE Centres, and Madame Tussauds.</p> <p>On our magical days out, families have a chance to create long-lasting memories and take valuable time out from their stressful daily routine.</p>
MFR Cash for Kids	<p>www.cashforkidsgive.co.uk/grant-application/highlands/6722c223-6306-440f-9e69-39207cde0391/</p> <p>www.cashforkids.uk.com</p> <p>Each year Cash for Kids supports thousands of children from birth to 18 years old who are ill, disabled, underprivileged or who simply need extra care and guidance. We do this by providing grants to individual children, other children’s charities, community groups, schools and health organizations across the UK.</p> <p>You can make a grant application all year-round, however our Local Executive Boards will meet to consider applications at set times of year in each area – please visit your local radio station website to find out more. Additional funding rounds may also be made available for specific campaigns – these will be detailed on our websites.</p>
Newlife	<p>www.newlifecharity.co.uk/docs/care-services/Newlife-Equipment-Grants.shtml 0800 902 0095</p> <p>Service includes Equipment Grants, Emergency Equipment Loans and a free Helpline. Newlife’s Care Services Helpline provides professional confidential care and support to families and professionals caring for disabled and terminally ill children.</p> <p>Experienced Nurses are readily available to give condition specific support and information, while the rest of our trusted Care Services team provide information and updates about our Equipment Services.</p>
Over the Wall	<p>www.otw.org.uk</p> <p>We are a national charity that supports children and young people facing serious health challenges through transformational residential camps in communities across the UK.</p>

<p>Roald Dahl Family Grants</p>	<p>www.roalddahl.com/charity/family-grants</p> <p>‘Marvellous Family Grants’ are for families facing financial hardship while caring for a child with a serious illness.</p> <p>They provide support to help families cope, from funding specialist equipment and creative therapies to hospital travel expenses.</p> <p>Not included: Developmental or Learning Disabilities, Autism or ADHD.</p>
<p>Take a Break Scotland</p>	<p>www.takeabreakscotland.org.uk</p> <p>Take a Break is Scotland’s short breaks fund for carers of disabled children, young people and their families.</p> <p>Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and much, much more.</p>
<p>Tartan Army Children’s Charity</p>	<p>www.tartanarmychildrenscharity.org.uk</p> <p>We spend all year raising as much money as possible to support disadvantaged children in Scotland and in the countries we visit to watch Scotland play.</p> <p>Selling t-shirts, kilts and badges, organising events, raffles and auctions and the TACC Lottery, and encouraging and helping fans to organise their own club events on behalf of TACC.</p>
<p>The Boparan Charitable Trust</p>	<p>www.theboparancharitabletrust.com</p> <p>We are passionate about transforming the lives of children with disabilities, life-limiting illnesses and those who are in extreme poverty across the UK.</p> <p>The Trust prides itself on being flexible, accessible and efficient, providing help and support to children and their families.</p>
<p>Tree of Hope</p>	<p>www.treeofhope.org.uk</p> <p>01892 535 525</p> <p>A fundraising charity supporting children’s healthcare needs.</p> <p>Tree of Hope is the crowdfunding charity that helps children and young people with a disability or illness by supporting their families to raise the money they need to pay for specialist care that is not freely available through the UK healthcare system.</p>
<p>Trefoil</p>	<p>www.trefoil.org.uk</p> <p>Trefoil exists to support the development of children and young people with additional needs, to enable them to maximise their capabilities and achieve as much independence as possible.</p>

	Personal Development Grants and Lilas Finlay Holiday Fund
Variety	www.variety.org.uk National UK Charity Grants for sensory, play equipment, wheelchairs. Families can apply on their own behalf.
Wish Upon A Star	www.whenyouwishuponastar.org.uk When You Wish Upon A Star aim to grant the wishes of children between 2 and 16 years old who are living with a terminal illness.

Condition-Specific Support and Organisations

Abbie's Sparkle Foundation	<p>www.abbiessparklefoundation.org</p> <p>We are a Scottish Children's Charity providing support for children with Cancer across the UK. We know how important it is to live every moment of every day to the full and Abbie's Sparkle Foundation is here to spread Abbie's Sparkle to help brighten a child's day sparkle.</p>
ADDiSS ADHD Information Services	<p>www.addiss.co.uk</p> <p>020 8952 2800</p> <p>We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.</p>
Asperger's Syndrome Foundation	<p>www.aspergerfoundation.org.uk</p> <p>The Asperger's Syndrome Foundation is committed to promoting awareness and understanding of Asperger's Syndrome.</p> <p>The Foundation aims to promote high quality support and services, and to enable people with Asperger's syndrome to develop into members of the community who are respected for their contribution and recognised for their unique differences.</p>
Bobath Centre Scotland	<p>www.bobathscotland.org.uk</p> <p>Therapy is available for any child in Scotland who is under the age of 18, and who has a primary diagnosis of cerebral palsy.</p>
British Dyslexia Association	<p>www.bdadyslexia.org.uk</p> <p>National Charity - Source of Information</p>
Cerebra	<p>www.cerebra.org.uk</p> <p>0800 328 1159</p> <p>Online source of information and support for parents of children with brain conditions</p>
Charlie House	<p>www.charliehouse.org.uk</p> <p>Charlie House is a local children's charity which supports babies, children and young people with complex disabilities and life-limiting conditions, and their families, in the North-East of Scotland.</p> <p>In this region alone there are 1,500 children with complex disabilities and life-</p>

	<p>limiting conditions. Established in 2011, Charlie House is committed to directly supporting these children and their families. The charity recognises that life is precious and may be short for these children, so we aim to help to create special, lasting memories for the family to cherish.</p> <p>The charity does this through its free services including;</p> <ul style="list-style-type: none"> • Inclusive and accessible activity groups for all the family • Sibling activity groups • Parent/ carer groups • Monthly coffees catch up with parents and families in Aberdeen • Monthly coffee catch ups with parents and families in Aberdeenshire • An annual activity short break to Kielder Forest Park. A fully inclusive facility for the whole family to take part in all activities, e.g Zip slide or boat trips. • The Community Team also work closely in partnership with NHS Grampian to provide practical and emotional support to the families of children with life-limiting conditions from diagnosis, helping them transition home from a long hospital stay and support the child and their family on their life journey. • Sibling support on a one to one, or group settings • Parental support • Pre and post bereavement support. • Email/ text support
<p>Children’s Hospices Across Scotland (CHAS)</p>	<p>www.chas.org.uk</p> <p>For over twenty years CHAS has been offering a full family support service for babies, children and young people with life-shortening conditions.</p> <p>We're committed to making sure that no matter how short their time together may be, it is a time filled with happiness and fun.</p>
<p>Down’s Syndrome Scotland</p>	<p>www.dsscotland.org.uk</p> <p>Our Family Support Service provides an ‘all through life’ service to families all across Scotland. If you are a parent, grandparent, or carer of a child with Down’s syndrome, we are here to help.</p> <p>The Family Support Officer for your area is happy to provide information and support. We stay in touch with families through home visits, phone calls, texts, email and on social media.</p>
<p>Dyslexia Scotland</p>	<p>www.dyslexiascotland.org.uk</p> <p>0344 800 84 84</p> <p>Scottish Charity - Source of information</p>
<p>Epilepsy Scotland</p>	<p>www.epilepsyscotland.org.uk</p> <p>Scotland’s Voice for Epilepsy</p> <p>We offer support services to parents and carers of children who have epilepsy. We can also help you understand the effect epilepsy can have on behaviour, learning and family life.</p>

<p>ERIC The Children's Bowel and Bladder Charity</p>	<p>www.eric.org.uk</p> <p>ERIC is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK.</p> <p>Our vision is that <i>"every child and teenager with a bowel or bladder condition can access support and live free from embarrassment, shame, isolation and fear"</i>.</p>
<p>Fetal Alcohol Spectrum Disorders (FASD) Scotland</p>	<p>www.fasdscotland.com</p> <p>FASD Scotland offers: Information, support and advocacy to families caring for a child affected by FASD. Strategies for managing FASD. Advice and training to reduce FASD Secondary Disabilities. Training for professionals involved with individuals affected by FASD</p>
<p>HACSH Hyperactive Children's Support Group</p>	<p>www.hacsg.org.uk</p> <p>The Hyperactive Children's Support Group is a registered charity which has been successfully helping Attention Deficit Hyperactivity Disorder (ADHD) and hyperactive children and their families for over 35 years. Our specialism is advocating a dietary approach to the problem of hyperactivity.</p> <p>Through our books, publications and literature, Parents, Carers and Professionals can learn more about the benefits of a dietary change. Not just for children and young people but for adults as well.</p>
<p>Little Bear Sees</p>	<p>www.littlebearsees.org</p> <p>A website that gives information about Cortical Vision Impairment (CVI).</p> <p>'The goal of the foundation is to provide families in need with the information, products and tools to help their children with cortical visual impairment (CVI) learn to see.'</p>
<p>Little Hearts Matter</p>	<p>www.lhm.org.uk</p> <p>We are a national UK charity offering help to anyone affected by the diagnosis of single ventricle heart condition.</p> <p>From initial antenatal diagnosis, through treatments and into life at home, the charity works with children, young adults and families to reduce the isolation, fear and lack of understanding created when a child is diagnosed as having half a working heart.</p>
<p>Logan's Fund</p>	<p>www.logansfund.org</p> <p>Logan's Fund are a Scottish children's cancer charity who operate UK wide. We try and do whatever is possible to help and support families affected by childhood cancer.</p>
<p>Mindroom</p>	<p>www.mindroom.org/index.php/about_us</p> <p>The Salvesen Mindroom Centre is a small independent Scottish charity with a big vision - a world where "no mind is left behind" and every person with a learning difficulty receives the recognition and the support they need to achieve their potential.</p>

<p>National Autistic Society, Scotland</p>	<p>www.autism.org.uk</p> <p>Helpline 0808 800 4104 Mon-Thurs 10am – 4pm, Fri 9am – 3 pm</p> <p>NASS provides services and support in many different ways at a National level.</p>
<p>National Deaf Children’s Society</p>	<p>www.ndcs.org.uk www.ndcs.org.uk/about-us/our-work-across-the-uk/scotland</p> <p>This is a national (UK) charity which has an office in Glasgow and family officers across the country. The family officer who supports families in Moray is located in Inverness.</p>
<p>North East Sensory Services</p>	<p>www.nesensoryservices.org/services-we-offer/support-for-young-people</p> <p>The Young People’s Sensory Service (YPSS) aims to support young people who have a sensory loss to get the most out of their childhood.</p> <p>Fun activities, social groups and trips help youngsters make friends and gain new experiences – at the same time as developing important life skills.</p>
<p>PAMIS</p>	<p>www.pamis.org.uk</p> <p>PAMIS is the only organisation in Scotland that works solely with people with profound and multiple learning disabilities and their families for a better life.</p>
<p>Quarriers Epilepsy Field Worker</p>	<p>Tara Engelmann 01309 675 900 tara.engelmann@quarriers.org.uk</p> <p>Quarriers Epilepsy Fieldwork Service provides support for people with epilepsy, their families, carers and professionals.</p> <p>The Epilepsy Fieldwork Service offers up to date information on epilepsy. Help, information and support to individuals of all ages and their families. Clinical liaison with healthcare professionals and training in epilepsy awareness and in administration of emergency rescue medication.</p>
<p>Rare Resources: Scotland By Genetic Alliance</p>	<p>https://www.geneticalliance.org.uk/information/living-with-a-genetic-condition/rare-resources/</p> <p>Rare Resources: Scotland is a guide produced by Genetic Alliance UK for families in Scotland who have recently received a diagnosis of a genetic or rare condition, who are on the journey to a diagnosis or families who have been told their child’s condition is so rare they might not get a diagnosis.</p> <p>The Toolkit contains a wide range of general information on genetic, rare and undiagnosed conditions as well as information on how to access reliable information, care and support in Scotland.</p>

<p>Scottish Centre for Children with Motor Impairments</p>	<p>www.craighalbert.co.uk</p> <p>Based at the Craighalbert Centre in Cumbernauld, we provide educational and therapy services for children and young people throughout Scotland affected by cerebral palsy and other neurological conditions, which result in disorders of learning, movement and communication.</p>
<p>See and Learn</p>	<p>www.seeandlearn.org</p> <p>Specialist, evidence-based apps and teaching materials designed to improve language, reading, speech, memory and numeracy outcomes for children with Down syndrome.</p>
<p>Sleep Scotland</p>	<p>www.sleepscotland.org</p> <p>Sleep Support Line</p> <p>0800 138 6565</p> <p>A charity providing support to families of children and young people with additional support needs and severe sleep problems</p>
<p>Spina Bifida Hydrocephalus Scotland</p>	<p>www.sbhscotland.org.uk</p> <p>Helpline 03455 211 300</p> <p>Scotland's voice for spina bifida, hydrocephalus and related conditions</p> <p>"Spina Bifida Hydrocephalus Scotland seeks to increase public awareness and understanding of individuals with spina bifida and / or hydrocephalus and allied conditions. It aims to support all those affected to identify their needs and to empower them to make informed choices and decisions."</p>
<p>The Butterfly Trust</p>	<p>www.butterflytrust.org.uk</p> <p>Empowering people with Cystic Fibrosis in Scotland</p>
<p>The Girl with the Curly Hair The Curly Hair Project</p>	<p>www.thegirlwiththecurlyhair.co.uk</p> <p>The Curly hair Project (CHP) is an award-winning social enterprise founded by autistic author and entrepreneur Alis Rowe. CHP resources are used by individuals, families and professionals worldwide.</p> <p>Lots of people are quite unaware of how autism presents in women. There are lots of women out there struggling and they perhaps don't know why. Alis being open about it has already helped thousands of girls and women and their families around the world, take a look at our animated series featuring The Girl With The Curly Hair.</p> <p>The Curly Hair Project is not just for girls, we have also helped thousands of Spiky Haired Boys too! Our resources are used by psychiatrists, GPs, psychologists, counsellors and teaching professionals.</p>

The Leanne Fund	www.theleannefund.co.uk The foremost Cystic Fibrosis charity in Scotland, working with individuals and families across the Highlands, Islands and Grampian to provide vital social, practical, emotional and financial assistance - supporting the whole family.
The Scottish Association for Children with Heart Disorders (SACHD)	www.youngheart.info National charity providing information and support for children and young adults with heart disorders. Note – Use of Caravan for short holiday breaks in Perthshire.
Together for Short Lives	www.togetherforshortlives.org.uk 0808 8088 100 We are the UK's leading charity for the 49,000 children living with life-limiting conditions, and their families. We are here to ensure that no child or family is ever left behind when it comes to getting vital care and support.
Unique	www.rarechromo.org Helpline 01883 723 356 The Rare Chromosome Support Group To inform, support and alleviate the isolation of anyone affected by a rare chromosome disorder and to raise public awareness.
Young Minds	www.youngminds.org.uk Young Minds is a charity working with children, young people, their families & the professionals who support them for better mental health & wellbeing.

Physical Activity and Sports or Social Opportunities in Moray

Beatz Community Drumming	<p>Facebook Page</p> <p>Drumming group in Elgin</p> <p>For older children and young adults.</p>
Dragonfly Drama	<p>No website but visit the Dragonfly Drama Facebook Page or call Emma Sharpe on 07736 939 026.</p> <p>Drama Therapy and Drama classes in Moray for children with a wide range of additional support needs.</p> <p>Also available in school or class groups, please speak to your school about this.</p>
Friendly Access SurfABLE and SwimABLE sessions	<p>www.friendlyaccess.org/category/events/</p> <p>Inclusive swimming and surfing lessons in Moray available to children with additional support needs.</p>
Moray Hydrotherapy Pool	<p>www.morayhydrotherapypool.co.uk</p> <p>01309 672 984</p> <p>Hydrotherapy Pool in Forres</p> <p>The pool is fully wheelchair-friendly from its entrance and reception area to its changing rooms and pool.</p> <p>The pool has a hoist for helping disabled users to enter and leave the pool.</p>
Moray Riding for the Disabled	<p>www.morayrda.org.uk</p> <p>Cranloch Riding Centre, Near Elgin, IV30 8QX</p> <p>Inclusive Horse Riding for children and adults with a disability in Moray. Can be accessed via Education or directly.</p>
Nairn Saturday Club (NAS)	<p>Glyn Morris</p> <p>www.nasmorayandnairn.org.uk</p> <p>Grigor House, Nairn. One Saturday per month. Parents and children social group.</p>
Wednesday Night Group	<p>Lesley Mawhinney 01343 557 922</p> <p>Forres Academy, Fortnightly Wednesday evening group facilitated by parents.</p>

Useful Resources and Publications

<p>Council for Disabled Children</p>	<p>www.councilfordisabledchildren.org.uk</p> <p>We are the umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers.</p>
<p>Getting it Right for Every Child (GIRFEC)</p>	<p>GIRFEC is a Scottish Government Policy which was introduced in 2006 to ensure that children's needs were being prioritised and that information was being shared appropriately.</p> <p>You might have heard professionals mention GIRFEC or SHANARRI at meetings or home visits to your child.</p> <p>SHANARRI is an acronym that stands for Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included.</p> <p>GIRFEC is a way for families to work in partnership with people who can support them, such as Teachers, Health Visitors, School Nurses and Social Workers.</p> <p>If you would like to know more about Getting it Right for Every Child or the way it is used in Moray please speak with your child's Named Person. More can be found online about GIRFEC at the Scottish Government Website and other Google searches.</p> <p>www.gov.scot/policies/girfec</p>
<p>Scotland's Commissioner for Children and Young People – Full report</p>	<p>www.dera.ioe.ac.uk/15891/1/sh_Elig_Crit_FINAL_SCCYP_REPORT_29_oct.pdf</p> <p>Social work services for disabled children and young people and their families: assessment and eligibility</p>
<p>Self-Directed Support</p>	<p>www.gov.scot/publications/self-directed-support-guide-carers</p> <p>Publications by the Scottish Government, including guides for individuals, carers and professionals</p>
<p>For Scotland's Disabled Children</p>	<p>www.fsdc.org.uk</p> <p>For Scotland's Disabled Children (fSDC) aims to turn the good intentions of policy and legislation into better lives for families with disabled children.</p>
<p>Moray Additional Support Needs Strategy for Schools 2017 - 2027</p>	<p>www.moray.gov.uk/downloads/file116628.pdf</p> <p>This strategy creates the opportunity to develop a quality education provision for children and young people in Moray who have additional support needs, building on existing good practice. Any service delivered sits within the Scottish Government legislation of Children and Young People Scotland Act 2014, "Getting it Right for Every Child".</p>

<p>Moray Autism Strategy 2014 - 2024</p>	<p>www.moray.gov.uk/moray_standard/page_88707.html</p> <p>This strategy has been written to explain what people with autism and their families have said is needed to support them in the future, no matter how young or old they are or how able they are.</p> <p>It describes what services and support we plan to be available and how we aim to achieve it.</p>
<p>NHS Scotland Children with Exceptional Healthcare Needs</p>	<p>https://www.cen.scot.nhs.uk/</p> <p>www.cen.scot.nhs.uk/home/useful-links</p> <p>Our vision: For all children, parents and professionals in Scotland to be aware of what children and young people with exceptional and complex healthcare needs require for support and that every child receives evidence based specialist care throughout their healthcare pathway. All children will have improved health and well-being outcomes.</p>
<p>Your Options Understood Y.O.U.</p>	<p>www.youroptionsunderstood.co.uk</p> <p>Email: danielle@youroptionsunderstood.co.uk</p> <p>Mobile: 07938 998 091</p> <p>Y.O.U. offers independent advice in terms of living with a disability in areas such as Self-Directed Support, sharing my own experiences of life with a disability, advocating for those living with a physical impairment and offering consultations and training to support workers and others working with disabled people.</p>

Financial, Benefits and Legal Information	
Blue Badge	<p>www.moray.gov.uk/moray_standard/page_40008.html Moray Resource Centre, Maisondieu Road, Elgin, Moray, IV30 1RX</p> <p>01343 547 589</p> <p>Disabled Parking Permit. Eligible if in receipt of high rate 'Mobility' Disability Living Allowance.</p>
Carer's Allowance	<p>www.gov.uk/carers-allowance</p> <p>You could get £64.60 a week if you care for someone at least 35 hours a week and they get certain benefits.</p> <p>You do not get paid extra if you care for more than one person.</p>
Disability Living Allowance (DLA)	<p>www.gov.uk/disability-living-allowance-children</p> <p>Disability Living Allowance (DLA) for children may help with the extra costs of looking after a child who:</p> <ul style="list-style-type: none"> • is under 16 • has difficulties walking or needs much more looking after than a child of the same age who does not have a disability <p>They will need to meet all the eligibility requirements.</p> <p>The DLA rate is between £22.65 and £145.35 a week and depends on the level of help the child needs.</p> <p>There are two components of DLA, 'Care' and 'Mobility'.</p>
Income Maximisation Team	<p>www.moray.gov.uk/moray_standard/page_111452.html</p> <p>0300 123 4563</p> <p>Money Advice and Support filling out forms, for example Disability Living Allowance and Personal Independence Payments</p>
Money Advice Helpline	<p>0808 808 4000</p> <p>www.nationaldebtline.org/S/Pages/default.aspx</p> <p>National Debtline. Providing free impartial debt advice from experts who care.</p>
Motability Scheme	<p>www.motability.co.uk</p> <p>The Motability Scheme provides an affordable, worry-free way for people with disabilities to lease a car, scooter or powered wheelchair in exchange for their mobility allowance. The Scheme is operated by Motability Operations Ltd, under contract to Motability, a registered Charity.</p> <p>Children over the age of 3 years only.</p>

National Entitlement Card	A Child who is awarded Disability Living Allowance may be entitled to a Bus Pass to allow them to travel free with a carer by bus.
Self-Directed Support Scotland	<p>www.selfdirectedsupportscotland.org.uk</p> <p>Self-Directed Support is a way of providing support to children and young people up to the age of 18 years old, who have a disability and meet the eligibility criteria.</p> <p>This is a one-stop-shop for information about Self-directed Support for people who use social care services and health and social care professionals.</p>
Shelter Scotland Housing Support	<p>www.scotland.shelter.org.uk</p> <p>Independent Housing advice and support in relation to private renting, homelessness and repairs.</p>
Warmer Homes	<p>Warmer Homes Scotland is designed to help vulnerable people make their homes warmer and more comfortable by installing a range of energy saving measures.</p> <p>The Scottish Government is offering assistance to homeowners and private sector tenants struggling to heat their home, who have lived in their property for at least twelve months, and who meet the qualifying criteria.</p> <p>For more information about the scheme, and to check if you qualify, please contact Home Energy Scotland on 0808 808 2282 and an energy advisor will be happy to assist you.</p>

Young Adults	
DWP Appointee (Young People 16 years and older)	<p>www.gov.uk/become-appointee-for-someone-claiming-benefits</p> <p>You can apply for the right to deal with the benefits of someone who cannot manage their own affairs because they're mentally incapable or severely disabled.</p> <p>Only 1 appointee can act on behalf of someone who is entitled to benefits (the claimant) from the Department for Work and Pensions (DWP).</p>
Financial Guardianship Scotland (Young People 16 years and older)	<p>www.mwcscot.org.uk/the-law/adults-with-incapacity-act/financial-guardianship</p> <p>The Adults with Incapacity (Scotland) Act 2000 introduced some new arrangements for making decisions and taking actions to safeguard the personal welfare, property, and financial affairs of adults whose capacity to do so is impaired.</p>
Independent Living Fund: Transition Fund	<p>https://ilf.scot/transition-fund/</p> <p>Are you aged 16-21, and living with a disability in Scotland? You could be eligible for up to £7,500 in funding, for 1 year, from the Transition Fund! We can support you to try new activities and experiences that will enhance your independence, confidence and help you to spend more time with other people.</p>
Personal Independence Payment (PIP) (Young People 16 years and older)	<p>www.gov.uk/pip</p> <p>Personal Independence Payment (PIP) can help you with some of the extra costs if you have a long term ill-health or disability.</p> <p>You could get between £22.65 and £145.35 a week if you're aged 16 or over</p> <p>This replaces DLA for those aged 16 years and older.</p>
Power of Attorney (Young People 16 years and older)	<p>www.mwcscot.org.uk/the-law/adults-with-incapacity-act/power-of-attorney</p> <p>A power of attorney is authority given by an individual with capacity, known as the Granter, to another person(s), known as the Attorney(s), to deal with aspects of the Granter's affairs.</p>
S47 Certificate (Young People 16 years and older)	<p>Under the Adults with Incapacity Act, a person over 16 years old who is unable to consent to treatment will require a S47 Certificate signed by their GP. This allows their parent or carer to consent to routine medical and dental treatment.</p>

<p>Scottish Transitions Forum</p>	<p>www.scottishtransitions.org.uk</p> <p>Our vision is for all young people (14 to 25 years) who require additional support get the information and help they need to live the lives they want.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Facilitate partnerships and collaboration that puts young people at the centre of their support • Lead the implementation of the ‘Principles of Good Transitions’ • Empower young people to be the voices of change <p>The Scottish Transitions Forum began in 2008 and currently there are over 850 members representing a wide range of professionals, young people, parents and carers.</p> <p>Membership is free and is open to anyone who is committed to improving transitions for young people with additional support needs.</p>
<p>Welfare Guardianship Scotland (Young People 16 years and older)</p>	<p>https://www.mwscot.org.uk/the-law/adults-with-incapacity-act/welfare-guardianship</p> <p>By law, if an adult is unable to make key decisions or take necessary actions to safeguard their own welfare, a court can appoint a 'welfare guardian' to do this for them. Welfare guardians can make decisions about where a person lives, as well as about their personal and medical care.</p> <p>A Parent or Carer should seek legal advice when the child reaches the age of 15 years and 9 months.</p>

Targeted Support Outwith Universal Services	
<p>Children’s Disability Team Integrated Children’s Services Moray Council</p> <p>Pilot Project until May 2019</p>	<p>A team within Local Authority Social Work specific to working with Children with Disabilities whose needs are not being fully met by Universal Services (Family, Friends, Community, Education and Health Supports).</p> <p>If your child is eligible, their Named Person will make a referral to Social Work, highlighting the areas where your child’s needs are not being met.</p> <p>A Social Worker will carry out an assessment of your child’s needs, in partnership with you as parents as well as the Team Around your Child.</p> <p>If your child is not currently allocated to the Children’s Disability Team but you would like to speak to someone about their eligibility, please contact your child’s Named Person in the first instance</p>
<p>Transitions Team</p>	<p>As your child approaches adulthood, discussions will be held in relation to their eligibility for adult services.</p> <p>The Transitions Team are a branch of Adult Social Work services who will support you and your child throughout this transition.</p>
<p>Community Learning Disability Team And Community Care Team</p>	<p>Once your Child has turned 18 years old and if they meet the eligibility criteria, their support will be assessed, reviewed and managed by the Community Learning Disability Team or Community Care Team in Adult Services.</p> <p>Access Care Team 01343 563 999</p>
<p>Please note:</p> <p>The following services can be accessed via packages of targeted support following a Child in Need Assessment, should there be specific areas of unmet need for your child.</p> <p>To discuss further, please contact your child’s Named Person in the first instance.</p> <p>If your child has an allocated Social Worker, please discuss the following options with them during an initial or review assessment.</p>	
<p>Cornerstone</p>	<p>www.cornerstone.org.uk 01343 544 586</p> <p>1:1 Support at home and in the community</p> <p>Evening social groups and Holiday Playschemes for children with additional support needs in Moray.</p>
<p>H1 Care</p>	<p>www.h1careathome.com 01309 250 609</p> <p>H1 Complex Care is a small team of highly trained individuals whose sole purpose in life is to provide the finest lifestyle outcome for your disabled or injured family member.</p> <p>Our extensive experience in this field enables us to assist the smooth transition of people from hospital care to home care. While dealing with the many complexities associated with the management of complicated medical conditions.</p>

Crossroads	<p>www.crossroads-scotland.co.uk/contact/service/moray T: 01343 544575 E: moray@crossroads-scotland.co.uk</p> <p>Our primary focus is to ensure that every service user (Adults and Children) receives the support that is right for them. We can support you with:</p> <ul style="list-style-type: none"> • Personal Care • Getting up in the morning or going to bed at night • Respite • Companionship • Housework • Support to work placements, college or clubs • Leisure activities • Going on holiday
Eve Childcare	Personal Assistant Support
Aberlour Options Moray AKA Aberlour Childcare Trust	<p>www.aberlour.org.uk/services/options-moray 01343 542 301</p> <p>Specific support at home and in the community including support with caring and respite.</p> <p>Based at home, in the community or at Alba Place, Elgin.</p> <p>This service is under review, with updated services being introduced in keeping with the changing needs of the community.</p> <p>Please speak with your child’s Social Worker or someone at Alba Place in order to fully explore the options available at that time.</p>
Bagaduish	<p>www.badaguish.org/short-break-respite-care 01479 861 382</p> <p>At Badaguish Holiday Care Lodge we offer fun, sociable and safe short breaks for children and adults who have a learning disability and those with more complex care and support requirements.</p> <p>This is an opportunity for a holiday during which you can enjoy a varied programme of outdoor activities (put together based on individual choice and ability) and have any care and support requirements provided 24 hours a day by qualified and experienced staff.</p>

Other	
Aliss	<p>www.aliss.org</p> <p>ALISS (A Local Information System for Scotland) is a service to help you find help and support close to you when you need it most.</p>
CEA Card	<p>01224 526 016</p> <p>www.ceacard.co.uk</p> <p>The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.</p>
Children 1 st Moray	<p>Annexe Highfield House 01343 564 170</p> <p>Children 1st carry out a range of services for children and families in Moray.</p> <p>At the time of writing this includes:</p> <p>Rights Advocacy Mediation Stronger Safer Families (1:1 or family work around experiences of trauma) Forces Families Service (1:1 support to children with a parent in the Armed Forces)</p>
Citizens Advice Bureau Moray	<p>6 Moss Street, Elgin 01343 550 088</p> <p>www.moraycab.org.uk/contact.html</p> <p>Moray Citizens Advice Bureau is an independent local charity run by a Board of volunteer directors drawn from the local community.</p> <p>Moray CAB provides high quality and effective advice, assistance and training for local people, tackling poverty and social inclusion. Moray CAB provides advice, information and practical assistance on a range of issues which include: Benefits and Legal advice.</p>
Disabled Living	<p>www.disabledliving.co.uk</p> <p>Disabled Living is a charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled adults, children, older people, carers and the professionals who support them. In addition, we support people with bladder and bowel problems through our service, <u>Bladder & Bowel UK</u>.</p>
Grampian Children's Bereavement Network	<p>www.gbcn.org.uk</p> <p>Supporting bereaved children and young people in Grampian</p>
Green Bin	<p>Where households cannot accommodate their residual waste in one 240l green wheeled bin, it may be exchanged for a 360l bin. This includes families with 5 or more family members and families with two or more children in nappies.</p> <p>Where children require nappies past the age of four years families are also eligible for a larger green bin.</p>

<p>Independent Living Fund Person Centred Planning Grant</p>	<p>www.ilf.scot/transition-fund/person-centred-planning-grant</p> <p>Our Transition Fund grant can now be used by young people aged 16-21 with a disability or impairment to plan for outcomes that lead to their involvement and participation in their community. There is a shortened application process to obtain funding for person centred planning that can aid a future application for a grant of up to £7,500.</p>
<p>Mobility and Rehabilitation Service (MARS)</p>	<p>01224 556 841 or 556 012</p> <p>Referrals are via Health, Physiotherapy and Occupational Therapy</p> <p>This is an NHS Grampian service based at Woodend Hospital in Aberdeen.</p>
<p>Partners in Policymaking</p>	<p>www.in-controlscotland.org/programmes/partnersinpolicymaking</p> <p>This is course run by In Control Scotland.</p> <p>Partners in Policymaking is a leadership development programme, which is designed for disabled adults and parents of disabled children.</p> <p>The overall aim of Partners in Policymaking is to increase social inclusion and achieve social justice. It specifically aims to do this for people who are at risk of social exclusion due to labels of disability. It achieves this aim by recruiting, educating and training the next generation of leaders.</p>
<p>SSAFA</p>	<p>www.ssafa.org.uk/scotland</p> <p>www.ssafa.org.uk/moray-nairn-banffshire</p> <p>Support for families who work or have worked for the armed forces in Moray, including advice, signposting and support including practical and financial support.</p>
<p>Winston's Wish</p>	<p>www.winstonswish.org</p> <p>National Charity providing information and support to children who have experienced the loss of a loved one.</p>

Emergency and Crisis Support	
Crisis Grant	<p>http://www.moray.gov.uk/moray_standard/page_84329.html</p> <p>The Scottish Welfare Fund exists to support vulnerable people in Scotland when they have a crisis. It is normally a one-off grant for living expenses or household goods</p>
Moray Food Bank	<p>www.morayfoodbank.org.uk 01343 208 293</p> <p>Food Parcel for your family home which should last around three days.</p> <p>You can be referred to the foodbank by a professional such as a social worker, housing officer, health visitor, benefits advisor, your church, or a teacher.</p> <p>We also accept self-referrals if you do not have a professional that can help you.</p>
Moray School Bank	<p>www.morayschoolbank.org</p> <p>Our aim as a group of volunteers is to offer new school uniform and warm winter clothing to children living in financial hardship across Moray.</p> <p>We are committed to helping children be equal and have the opportunity to reach their potential at school.</p>
Moray Women's Aid	<p>www.mwaelgin.co.uk 01343 548 549</p> <p>Moray Women's Aid is the largest provider of support services to women and children experiencing Domestic Abuse/Violence throughout rural Moray. Services include provision of safe accommodation, community support, professional counselling and drop in centres.</p>
NHS 24	<p>www.nhs24.scot Telephone: 111</p> <p>NHS Scotland's 111 service is there to provide urgent health advice out of hours, when your GP Practice or Dentist is closed.</p>
Out of Hours Social Work	<p>03457 56 56 56</p> <p>Moray Council Emergency Out of Hours Social Work Team can be contacted outwith 'normal' office hours should you require advice or support urgently.</p>
Turn 2 Us	<p>www.turn2us.org.uk</p> <p>Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.</p>
Arrows Drug and Alcohol Support, Moray	<p>www.quarriers.org.uk/services/arrows-drug-and-alcohol-support 01343 610 500</p> <p>Arrows is a service for anyone worried about alcohol and drug use, whether their own or a loved one's. Substance use problems can develop over time, and it is important for individuals to recognise where drugs or alcohol are having an impact on their wellbeing, relationships or lifestyle.</p>

