



**Services and Support Directory
for
Black and Minority Ethnic (BME) families
who have a child with Additional Support
Needs (ASN)
in North East Edinburgh
2019-2020**

Contents

• BME ASN Services	Page 3
• BME Services	Page 4
• ASN Services	Page 8
• Family Support Services	Page 16

**This directory has been collated by
The North East Early Years Forum- BME Subgroup with support from:
Parent and Carer Support, Lifelong Learning
Multi-Cultural Family Base
Firsthand Lothian
Stanwell Nursery School
BEMAS, The Action Group**
If you wish to update any information contained in the directory, please contact
supportingparentsandcarers@edinburgh.gov.uk

BME ASN Services

BEMAS (Black and Ethnic Minorities Advice Service) - The Action Group

This is a free, independent service run by The Action Group. They offer advice and support to carers of disabled children from Black and Minority Ethnic (BME) communities living in Edinburgh. BEMAS works with families to break down barriers to improve access to local services and resources. Advisers can help with benefits claims and income maximisation. BEMAS can offer home visits and interpreters whenever needed. The service also runs regular carer meetings. Tel: 0131 475 2315 (Ask to speak to a member of the BEMAS team)

Email: bemas@actiongroup.org.uk

Website: www.actiongroup.org.uk

BEMAS offer advice on:

- **Services for carers:** From respite to reflexology we will listen to what you need to support you in your caring role and help you to make contact with relevant services.
- **Services for your child:** We know what services are out there, from play schemes to sleep therapy. This helps us introduce you to local services that are right for your child.
- **Benefits:** We can find out if you are eligible to claim benefits. If you are we can help you fill in claim forms and challenge decisions.
- **Grants and Trusts:** Be it a short break or a washing machine we can help you identify and apply for funding for the things you need to support you in your caring role.
- **Housing:** We can support by providing you with information around your rights and processes in regard to housing as well as refer you to the appropriate services and organisations that deal directly with housing issues.
- **Social Activities:** We can help you find and access local social activities for you and your child.
- **Social Work Assessments:** We can explain what a social work assessment is for, help you to contact social workers and support you throughout the process. We can inform you about your right to a carers assessment and assessments for children with disabilities.
- **Education:** We can help you find out about the 'additional support for learning' system. We can also come along to support you at appointments like child planning meetings.

BME Services

Amina Muslim Women's Resource Centre

A national organisation dedicated to addressing issues affecting Muslim and minority ethnic women. The helpline provides a listening ear and signposting service for Muslim women across Scotland. They also run befriending projects and group activities and employability support in Edinburgh.

Helpline: 0808 801 0301 (helpline) Mon-Fri 10am-4pm Wed 6-9pm for young Muslim women (16-25years) **Tel:** 0131 662 6850 **Email:** info@mwrc.org.uk **Website:** www.mwrc.org.uk

Bilingualism Matters

Bilingualism Matters is a Centre at the University of Edinburgh, which studies bilingualism and language learning. The Centre communicates findings and shares resources to enable people to make informed decisions based on scientific evidence.

Tel: 0131 650 2884 **Email:** bilingualism-matters@ed.ac.uk

Website: www.bilingualism-matters.ppls.ed.ac.uk

ELREC (Edinburgh and Lothians Regional Equality Council)

ELREC promotes equality and opportunity for all, tackling discrimination and prejudice. They can provide advice and assistance on all types of discrimination, building capacity within communities, improving access to mainstream services and bringing equality to within the public sector and other bodies. Services include - a Support and Advice Service on housing, benefits, discrimination and hate crime, Youth Zone – support for young people in Edinburgh with different cultural backgrounds who are looking for employment, higher education or volunteering opportunities. Training workshops and peer education for young people around hate crime in the community and Bright Choices- supporting people who have difficult relationships with their families or their communities.

Tel: 0131 556 0441 **Email:** admin@elrec.org.uk **Website:** www.elrec.org.uk

Equal Access- Supporting People from Minority and Ethnic Communities (Health in Mind)

Support and information for members of a minority ethnic community who may be experiencing feelings of stress, isolation, depression, anxiety or unhappiness.

Support may include one to one support, befriending and peer support, group activities, providing information and reducing barriers to accessing services.

Tel: 0131 225 8508 **Email:** krzysztofNowak@health-in-mind.org.uk

Website: www.health-in-mind.org.uk/services/equal-access-supporting-people-from-minority-and-ethnic-communities/d9/

ESOL courses -Edinburgh College, Community Based

ESOL courses are for people whose first language is not English. They teach language skills to live, work and study in the UK. Community-based ESOL courses allow you to study part-time during the days or evenings. The college will assess the current level of English to find the right class for participants, from beginners to Higher. Reading and writing workshops are also available. Classes run in community centres, libraries, community high schools, and other community venues. An in-home volunteer tutors may be available to assist those who cannot attend classes in the college or the community.

Classes run in North East venues at Leith, Craigmillar and Drummond.

For more information and to apply: **Tel:** 0131 297 9657 or

Email: agnieszka.waszak@edinburghcollege.ac.uk

ESOL courses- Edinburgh College

ESOL courses are for people whose first language is not English. They teach language skills to live, work and study in the UK. ESOL courses are available at Sighthill and Milton Road campuses- full time, part time and in the evening, from beginner to advanced level.

For more information see www.edinburghcollege.ac.uk/Welcome/Centres/College-Community/College-Based-ESOL

ESOL classes- Lifelong Learning

Language tuition and conversation classes for adults and young people are offered in community venues across the city. These classes are run by City of Edinburgh Council Lifelong Learning Department as well as partners in Edinburgh College, Saheliya, the Welcoming and the WEA. For more information and to apply for a course visit: www.joininedinburgh.org/ESOL To get information on the City of Edinburgh Council run ESOL classes:

Tel: 0131 554 4750 North East **Tel:** 0131 558 3545 Citywide

Feniks

A charity which aims to improve the wellbeing of Central Eastern European Community in Edinburgh. Support is offered to individuals and families. The service offers groups such as a toddler group, one to one and group personal and professional development sessions and therapy and counselling for individuals including children and adolescents, couples and families. There are charges for the services however individuals in a difficult financial situation can access the service by arrangement.

Clients can self-refer themselves or be referred by NHS and charitable organisations **Tel:** 07510 122 425 or **Email:** referrals@feniks.org.uk **Website:** www.feniks.org.uk **E-mail:** info@feniks.org.uk

MECOPP

Support for Black and Minority Ethnic carers who reside within Edinburgh and the Lothians and provide care for an adult or adults aged 16+. Multilingual advice and information (English, Urdu, Punjabi, Bengali, Hindi, Nepali, Arabic, Cantonese, Mandarin, Italian), advocacy and casework support, education and training opportunities, recreational, social and therapeutic activities, healthy living programmes. Support can also be provided to carers to access health and social work services, housing and accommodation and welfare benefits. Maritime House, 8 The Shore, EH6 6QN

Tel: 0131 467 2994 **Email:** info@mecopp.org.uk **Website:** www.mecopp.org.uk

Minority Ethnic Health Inclusion Service (MEHIS)

The Minority Ethnic Health Inclusion Service is part of NHS Lothian and aims to improve the quality of and access to Primary Health Care services by the Black/Minority ethnic and refugee communities across Lothian. The service can provide free confidential advice and information. Link workers speak a variety of languages and can help individuals access health care services and provide advocacy where needed.

Craigmillar Medical Group, 106 Niddrie Mains Road, Edinburgh EH16 4DT

Tel: 0131 536 9544. Bangladeshi Linkworker: 0131 536 9543 / 07771 504 802;

Chinese Linkworker: 0131 536 9547 / 07771 504 668;

Pakistani/Indian Linkworker: 0131 536 9542 / 07825 681 884;

Email: MEHIS@nhslothian.scot.nhs.uk

Multi-Cultural Family Base (MCFB)

Offers a variety of support and groups to predominately Black and Minority Ethnic families with children aged 0-16years. 50 Coburg St, Edinburgh EH6 6HE

Tel: 0131 467 7052 **Email:** management@mcfb.org.uk **Website:** www.mcfb.org.uk

Open Arms Programme

A partnership between Sikh Sanjog, Saheliya, LinkNet Mentoring and Edinburgh and Lothian Regional Equality Council (ELREC) aimed at empowering and integrating Minority Ethnic Women in Edinburgh and Lothians with a focus on loneliness and isolation and mental health. The Open Arms Programme provides access to advice, help and support via one to one drop in service, physical and mental health programmes, creative and personal development activities and courses, befriending and social gatherings.

Tel: 0131 476 8420 **Email:** info@openarmsproject.co.uk

Polish Advice

72 Niddrie Mains Road, EH16 4BG

Tel: 07803775780 **Email:** infopolskie@gmail.com **Website:** www.polishadvice.com

Polish Family Support Service

Support for Polish families in Edinburgh, the project has a particular focus on disadvantaged, newly settled Polish Families. Advice and drop in service for adults, counselling support parents and families, support groups for parents, children and young people. services.

19 Smith's Place, Edinburgh, EH6 8NU

Tel: 0131 281 0429/ 074 0463 3415 **Email:** info@pfsc.co.uk **Website:** www.pfsc.co.uk

Respekt Safer Families Edinburgh

A service which helps Polish men who are unhappy about their abusive behaviour towards their female partners or ex-partners and want to change. One to one and group work programmes support men to help understand why you have been abusive, learn new ways of thinking about things and learn new ways of behaving.

Tel: 0131 469 5325/ 0131 469 5368 **Email:** cf.respeky@edinburgh.gov.uk

Safer Families Edinburgh

A service which helps men including those from BME communities who are unhappy about their abusive behaviour towards their female partners or ex-partners and want to change.

One to one and group work programmes support men to help understand why you have been abusive, learn new ways of thinking about things and learn new ways of behaving. Interpreter support can be provided.

Tel: 0131 469 5325/ 0131 469 5368 **Email:** saferfamilies@edinburgh.gov.uk

Saheliya

A specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in Edinburgh

Services include Counselling, Complementary Therapies, Practical and Emotional Support, Groupwork and Learning Hub. Childcare for under 7's available to allow women to access services. 125 McDonald Road, EH7 4NW

Tel: 0131 556 9302 **Email:** info@saheliya.co.uk **Website:** www.saheliya.co.uk

Shakti Women's Aid

Help for black and minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

Tel: 0131 475 2399, Mon-Fri 9.30am-4pm **Email:** info@shaktiedinburgh.co.uk

Website: www.shaktiedinburgh.co.uk

Sikh Sanjog

Services geared towards Sikh and other ethnically and culturally diverse women and their families. Including Life Coaching, Training and Employability, Advice and Counselling all specifically tailored to the individual; Activities for children and young people in schools ensuring they have positive destinations after school.

Discreet and confidential advice and support on family, workplace, cultural issues or other sensitive matters.

Tel: 0131 553 4737 **Email:** info@sikhsanjog.com **Website:** www.sikhsanjog.com

Still I Am- (SIA) Project- Edinburgh Rape Crisis Centre (ERCC)

Free and confidential long term emotional and counselling support to women, all members of the trans community and non-binary people, from black and minority ethnic (BME) communities aged 16 and over, who have had any form of unwanted sexual experience. Individuals can make a self-referral or someone else can make a referral on their behalf.

Phone or text: 07496 873 156 **Email:** SIA@ercc.scot

Website: www.ercc.scot/still-i-am-sia-survivors-from-the-black-minority-ethnic-community/

ASN Services

ASL Service (Additional Support for Learning Service)

The ASL Service provides targeted interventions to support children and young people with additional support needs including:

- sensory impairment
- communication impairment
- learning disability
- physical and medical needs
- pre-school children
- distressed behaviour
- mental health difficulties
- emotional wellbeing
- Looked After Children and care-experienced children
- EAL (English as an Additional Language)
- Gypsy Roma Travellers
- Young Mums
- Literacy difficulties and Dyslexia

The nature and frequency of support varies depending on the needs of the child and can take place in the home (pre-school children), nursery, school or community (outreach).

The EAL (English as an Additional Language) and Gypsy Roma Traveller team within the service offers advice and support within classes and schools. This is known as Pathway 1 (class) and Pathway 2 (school) support. To access support from other teams within the ASL Service e.g. to support learners with sensory impairments, education establishments have to request support through the Council's Additional Support Access Point (ASAP) which meets regularly throughout the year. This is known as Pathway 3 support.

If a child has an additional need and you would like them to be referred to the ASL Service:

- If they are school age, please contact the child's school.
- If your child is pre-school age, please speak to your health visitor or a medical professional.

To contact ASL Service directly,

Tel: 0131 469 2850

Website: www.aslserviceedinburgh.com

Boardmaker in Libraries drop-in sessions

Boardmaker is available in some Edinburgh libraries for Parents/ Carers of a child with additional support needs to use. Parents or family members can use Boardmaker to make their own visual communication symbols independently or can attend one of the drop-in sessions to receive support using the programme and discuss visual supports at home with experienced staff. Sessions run at Leith and Craigmillar Libraries. Please contact the libraries for the session timetable or **Email:** Julie.Baxter@ea.edin.sch.uk

Capability Scotland

Care support and education for disabled children and adults across Scotland!

Respite and childcare. **Youth Zone** provides two respite sessions a month between 9:45am and 1:45pm to young people between the age of 10-16 of any disability. It offers support young people to develop self-help skills, social skills, build a social/peer group, and give parents some weekend respite. Activities are planned based on young people's interests.

Parent/Carers can self-refer or request social work to make the support request. Currently all of our young people are funded through SDS (Option 3) however details can be discussed when referral is made.

Tel: Claire Carracher 0131 347 1027 **Email:** claire.carracher@capability-scotland.org.uk

Childcare 4 All

Childcare 4 All work alongside staff in mainstream childcare settings, including private nurseries, after school clubs, holiday clubs, playgroups and child-minders in order to develop their capacity to include children with additional support needs within their services. This support includes practical assistance and advice as well as Inclusion Funding which can increase staffing levels in mainstream childcare settings to support children with Additional Support Needs. Eligible children have a range of Additional Support Needs and staff work with families and childcare providers to help them develop strategies to promote inclusion in the setting. The support can enable parents to take up employment, training or education while their child is supported in a mainstream childcare setting. Children can be referred by professionals, parents or the setting themselves. Any registered Childcare Provider can contact the service directly for advice and support.

Tel: Lauren Haw on 0131 347 1027 **Email:** lauren.haw@capability-scotland.org.uk

CAMHS Children and Adolescent Mental Health

Children and young people aged 0-18 years can be referred to CAMHS if there are significant concerns about their mental health or wellbeing and when their difficulties are impacting upon their day-to-day life. A referral can be made by your GP, health visitors, social workers or from schools. Parent leaflets about the service can be downloaded from

<https://services.nhslothian.scot/camhs/Pages/default.aspx>

CAMHS North Team, Pennywell All Care Centre (PACC) **Tel:** Reception: 0131 286 5059

CAMHS South Team, 3 Rillbank Terrace **Tel:** Reception: 0131 536 0534

Changing Places Toilets Directory

Directory of accessible toilet facilities across the UK for people with profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often who need extra equipment and space to allow them to use the toilets safely and comfortably.

Website: www.changing-places.org/Default.aspx

Contact

Provides information and advice to families with disabled children.

Free phone helpline 0808 808 3555 (9.30 – 5pm Mon-Fri).

Tel: 0131 659 2930

Email: scotland.office@contact.org.uk **Website:** www.contact.org.uk

Disability Team

The City of Edinburgh Council Children and Families Disability Team can help children and young people with disabilities get access to services, their needs assessed and help with behaviour or sleep issues. Contact Social Care Direct to access the service:

Tel: 0131 200 2324 **Email:** socialcaredirect@edinburgh.gov.uk

Disability Behaviour Support Service (DBSS)

The City of Edinburgh Council Disability Behavioural Support Service provides a time limited intensive service to Edinburgh families with a disabled child aged between 4-18 years. The service provides support and practical strategies for parents/carers in managing their child's behaviour. The child's behaviour may include; being aggressive to parents/carers and their siblings, destruction of property, being a danger to themselves, challenging behaviour due to a lack of ability to communicate/understand, difficulties engaging/playing with siblings and inappropriate sexualised behaviour. Referrals can be made through the Disability or Children and Families Social Work Teams.

Tel: 0131 669 7490 for more information

The Drop In

A fun packed drop in activity session **for children with a disability aged 0-18yrs their parents and siblings**. Parents can meet other parents while their children take part in activities run by experienced youth and children's workers.

Northfield and Willowbrae Community Centre Saturday 2-4pm **Tel:** 0131 661 5723

Royston Wardieburn Community Centre Saturdays, (term time) 10am-12pm (cost 50p)

Tel: 0131 552 5700

Edinburgh Leisure

Edinburgh Leisure offer a range of activities for children with additional support needs.

Website: www.edinburghleisure.co.uk/activities/disability

Edinburgh Young Carers Project

Works with young people aged 5 to 20 years old who care for or are affected by someone else at home - usually a parent or sibling. They offer support, advice, respite and outreach support to children.

Tel: 0131 475 2322 **Website:** www.youngcarers.org.uk

Educational Psychologists

Educational Psychologists are employed by the City of Edinburgh Council and are linked to each local authority school cluster. Educational Psychologists can assess pupils' language, motor, personal and social skills. They speak with the pupil, their parents and their teachers, looking over the pupil's work, seeing them in class or another learning environment.

The support offered will be based on research and evidence and may include advice on changes to the curriculum, intervention around learning and behaviour suggestions for creating a support plan. Referrals to an Educational Psychologist come through nurseries, schools and educational establishments. For more information or to explore accessing the service contact your school or nursery initially.

Tel: 0131 469 2800 **Email:** psychologicalservices@ea.edin.sch.uk

Enquire Additional Support for Learning

Independent advice service on additional support for children's education and learning.

Enquire provides easy to understand advice and information about additional support for learning legislation and guidance for families and professionals, helps families find local education and support services and shares practical tips to help families and schools to work together and solve problems should they arise. Help can be accessed through the telephone helpline, guides, factsheets and outreach work. Open Tue-Thu 9am-4.30pm.

Tel: 0345 123 2303 **Website:** www.enquire.org.uk

ERIC

A charity dedicated to the bowel and bladder health of all children and teenagers.

The Helpline is open Mondays to Thursdays, 10am to 2pm.

Tel: 0845 370 8008 **Website:** www.eric.org.uk/

FABB Scotland runs a number of youth and social clubs for children with disabilities in Edinburgh and the Lothians.

Tel: 0131 475 2313 **Website:** www.fabb.org.uk/

FABB Flex is a service that assists children aged 8-17 to access local mainstream clubs, groups & activities which are of interest to them. Initially, the group will meet as a social club for 6 weeks and then will provide 1:1 support for up to 20 weeks.

Tel: 0131 475 2313 **Email:** Kat Custard kat@fabb.org.uk

FAIR (Family Advice and Information Resource):

An information and advice service for people with learning disabilities, parents, carers and people who work with them in Edinburgh.

Tel: 0131 662 1962 **Website:** www.fairadvice.org.uk/

Firsthand Lothian

Support for disadvantaged families and children with disabilities to achieve their full potential. Skilled staff and volunteers help build resilience by working with families in their community, providing support, respite care, guidance and information.

Our services are short term and will benefit: Early Years families with at least one child under the age of 5. Families with children with additional support needs

Disadvantaged and vulnerable families with children under 5 years of age

Children & young people who have siblings with additional support needs

Tel: 0131 523 1322 **Email:** info@firsthand-lothian.org.uk

Website: www.firsthand-lothian.org.uk

GP (General Practitioner -Doctor)

Everyone should be registered with a GP practice. This will allow you to access services such as a Health Visitor. If you are new to the area, you should register with a local GP as soon as possible. Ask at the reception desk of the GP practice for a registration form. A list of GP practices can be found by consulting the NHS Inform GP finder:

<https://www.nhsinform.scot/scotlands-service-directory/gp-practices>

Tel: 0800 22 44 88

If English isn't your first or preferred language, a free interpretation service called Language Line can be used. Tell the call handler that you need an interpreter and the name of your preferred language. Once you're connected to an interpreter, you'll have a three-way conversation with the call handler to get the advice you need.

Tel: 0800 22 44 88

Health Visitor

If you are registered with a GP practice you will be allocated a Health Visitor during your pregnancy. A health visitor is a qualified nurse (or midwife) who has completed specialist training in children and family health. They offer support and advice regarding the wellbeing of your child until the school years. Your health visitor will provide you with specialist up-to-date advice and support on many health and wellbeing topics such as: your own support after the birth of your baby, your child's development, childhood immunisations, feeding and weaning, dental care, safety and minor ailments. If you have concerns and cannot get in touch with your health visitor immediately **Tel:** Your GP surgery or NHS24 on 111.

Inspiring Disabilities (previously The Drop In)

A fun packed drop in activity session for children with additional support needs aged 0-14yrs and their parents/carers and siblings. Parents/carers have the opportunity to meet others whilst their children/young people take part in a range of activities supported by qualified and experienced youth and children's workers. Jack Kane Community Centre, 208 Niddrie Mains Road Saturday, 10:00am-12:00pm, FREE

Tel: 0131 657 1595 for more information or if attending the first time.

Keycomm Lothian Communication Technology Service

Keycomm help people living in Edinburgh and the Lothians who have communication impairments make effective use of technology. Referrals can be made to Keycomm for a complete communication technology assessment.

Keycomm also offer a loan bank of resources, training, and can help to develop communication technology programmes for individuals.

Tel: 0131 311 7130 for information or to make an enquiry about issues with equipment.

Website: <https://keycommac.wordpress.com/>

Kindred

Provide advocacy and information on services available to children with additional support needs and their carers. Courses and support groups for parents and carers.

Tel: 0131 536 0583 **Website:** www.kindred-scotland.org

Let's Talk- Speech and Language Therapy Early Years

Information and activity ideas about children's talking and communication

Website: www.lets-talk.scot.nhs.uk

Lothian Autistic Society

Services, information and practical support to individuals on the autistic spectrum, their families and carers in Edinburgh and the Lothians. This includes respite schemes, social clubs for children and young people with autism

Tel: 0131 661 3834 **Email:** office@lothianautistic.org **Website:** www.lothianautistic.org

Lothian Centre for Inclusive Living (LCiL)

A peer support group for parents and carers of children and young people who are disabled or have additional support needs. The group allows parents and carers to share experiences, support each other and participate in discussion topics. www.lothiancil.org.uk Creche provided. Norton

Park Centre, 57 Albion Road, Edinburgh, EH7 5QY

Alternating Mondays and Thursdays once per month 10.30am- 1.30pm, lunch 12.30pm,

Tel: 0131 475 2350 **Email:** lisa.milburn@lothiancil.org.uk

Multi-Sensory Room Greengables Family Centre

The Multi-Sensory Room can be booked for hourly sessions for you to enjoy with your child for free.

Tel: 0131 669 9083 Greengables Family Centre for more information

Occupational Therapy Services-Children

Occupational therapy enables children and young people to participate in the various occupations of daily life to support their health, wellbeing and development, this may include self-care (such as getting dressed, eating a meal, using the toilet), being productive (such as early play, helping in the house, making a snack, participating in activities and routines at nursery & school e.g. handwriting) and leisure (such as playing with friends or engaging in hobbies). You can request assistance from a children's occupational therapist by contacting your local children's occupational therapy department.

Tel: 0131 536 0351 if you are a parent or carer

A child's teacher or another health care professional can also request assistance using a request for assistance form. This is available at **Website:** www.asl.scot.nhs.uk

Parents and carers of children with disabilities in the City of Edinburgh

Facebook Group

Facebook group run by The City of Edinburgh Council offering information on policy, services and support for parents and carers of children with disabilities.

www.facebook.com/groups/495538157523959

Partners in Advocacy

Children and young people's advocacy for 5-19 year olds with an additional support need (not including looked after children) in Edinburgh and the Lothians and 12 – 15 years old who wish to challenge decisions being made by education authorities across Scotland.

One to one, issue-based advocacy for people with a learning disability, 16 years old or older, who have a known diagnosis and this includes conditions such as autism or people with physical disability, 16 years and older.

Tel: 0131 478 7723/7724 **Email:** edinburgh@partnersinadvocacy.org.uk

Website: www.partnersinadvocacy.org.uk

Play Sense Create at Whale Arts

WHALE Arts, 30 Westburn Grove, EH14 2SA,

Exciting Free Arts programme for children with Additional Support Needs/ Disabilities 6-16 years and their families. Featuring dance, music, art, drama and more! Some sessions are quiet smaller group sessions to accommodate individual needs.

Tel: 0131 458 3267 **Email:** play-sense-create@whalearts.co.uk

Website: www.whalearts.co.uk

The Salvesen Mindroom Centre

Provides one-to-one support for families, offering practical advice, information, guidance and support to parents and carers of children, and to young people up to the age of 25 years with learning difficulties such as ADHD, Autism Spectrum Disorders, Dyslexia, Dyspraxia, Tourette Syndrome etc. Support offered by phone and email. They also offer help and advice for individuals and organisations who work with people with learning difficulties.

Tel: General enquiries: 0131 370 6731 Direct Help and Support Service: 0131 370 6730

Email: directhelp@mindroom.org **Website:** www.mindroom.org

Scottish Autism

Information, advice, and support to families and professionals about children and people on the autism spectrum. Online training course for parents. Autism Advice Line, Tuesday to Friday, 10.00am - 4.00pm **Tel:** 01259 222022

Website: www.scottishautism.org

Self-Directed Support Website

Scottish Government website which provides information about self-directed support, how to access the correct support and information about potential services.

Website: www.selfdirectedsupportscotland.org.uk/

Sleep Scotland Parent Support Line

Guidance and support for parents and carers on their child or teenagers sleep problems. Including advice about children with additional support needs.

Tel: 0800 138 6565. Mon-Thu 10am-4pm **Website:** www.sleepscotland.org

Smart Play Network – Ranger services

Free weekly fun outdoor drop in play sessions in Magdalene and Bingham most suited to primary aged children. Families are welcome to stay and play and enjoy games, construction tasks, messy and scrap play, all resources and support provided by play rangers. All of the activities are inclusive, although some will require adult support. Please note that these are not childcare sessions and our Play Rangers will ask for adults to stay if they do not believe they can meet the needs of a child within a group environment. If children attend it is on the understanding that they are free to leave if they choose to. Accessibility: The park area at Bingham is not as accessible as the ground can become very muddy so not ideal for those with mobility difficulties. Brunstane Primary school grounds are accessible and a mix of paved and grass areas.

Email: playrangers@smartplaynetwork.org

Special Schools and Classes

Special Schools and classes are for children and young people with significant additional support needs where the presumption to mainstream, cannot be met. These provisions offer adapted, supportive learning environments for children with a wide range of additional support needs. Applications to apply for special school/class places are discussed at a child's planning meeting, using reports and information from different professionals and from the parents/carers. This information is sent by the lead professional to the Additional Support Access Point (ASAP) and is then considered by City of Edinburgh's Case Management Review Group (CMRG) which meets monthly. For more information speak to nursery staff, your Health Visitor or Educational Psychologist.

Website: http://www.edinburgh.gov.uk/directory/39/special_schools

Speech Language Communication Company (SLCo)

Free confidential advice and support for parents and carers around their child or young person's communication, speech and language. Contact Judith Woodward,

Tel: 07507535857/Helpline 01382 250060 **Email:** families@s-l-co.uk or

Speech and Language Therapy

The NHS Lothian Children's Speech and Language Therapy department provides a range of services working with families and staff to support children's communication skills and/or eating, drinking and swallowing needs. They are based in local Hospitals and Health Centres, but also work in other locations such as Early Years Centres, schools and nurseries. A parent/carer or a professional can request assistance from a Speech and Language Therapist. A number of courses and drop ins are run to support parents with their children's speech and language for more information see

Tel: 0131 536 6467 North East contact: Leith Community Treatment Centre, 12 Junction Place, EH6 5JA. **Website:** www.edinburgh.gov.uk/pacs

Tailor Ed

Tailor Ed offer support and life skills, groups and activities for children and young people affected by autism and their families. They also offer training to professionals.

Early Years' Service: Tailor Ed's Early Years' Service is for families with a child with a diagnosis of autism, living in the City of Edinburgh. Referrals can be made for children entering their preschool year from parents or professionals. The Early Years' Service provides 12 months of support to families to teach their child the most essential skills they need in day to day life. The service focuses on communication, daily living skills such as toileting, and "learning to learn" skills such as listening to instructions and play skills. Families will receive home-based support regular visits from a project worker to work directly with the child and their family. Families can also attend autism-friendly play sessions, family-days and other cultural events.

To make a referral get in touch to request a short form. Tailor Ed also offer a Targeted Specific Service to families who are currently or have previously attended the service.

This support is available until the child is 16years old. <http://tailoredfoundation.co.uk/target-specific-service/> Email: contact@tailoredfoundation.co.uk Tel: 0131 624 8970.

Website: www.tailoredfoundation.co.uk

TalkTime Scotland

A free counselling service for young people aged 12-25 with physical disabilities and long-term health conditions. They offer a telephone and video service.

Tel: 07774210104 Website: www.talktimescotland.co.uk

The Junction

A safe, friendly, confidential service which offers lots of health-related services, education and support for young people in Leith and North East Edinburgh aged 12-21. Offers one to one support, counselling and complementary therapies. Support and education available around sexual health and alcohol use.

Tel: 0131 553 0570 Email: info@the-junction.org Website: www.the-junction.org

The Yard

The Yard runs family play sessions for disabled children and young people. They run family sessions every Friday 1pm to 4pm and Saturday 12noon to 5pm. During Edinburgh school holidays they run family sessions every day from Monday to Saturday from 10am

Tel: 0131 476 4506 Email: info@theyardscotland.org.uk Website: www.theyardscotland.org.uk

The Yard -Early Years' Service

Activity based play sessions for parents and carers of disabled children 0-5 years. A themed programme of sessions around dynamic outdoor play, music and movement, sensory play, communication and language, and arts and crafts. Monday to Thursday during term time. Membership of the Yard is required.

Tel: 0131 476 4506 Email: earlyyears@theyardscotland.org.uk Website: www.theyardscotland.org.uk/earlyyears

VOCAL

Delivers carer support through two carers centers in Edinburgh and Midlothian, and through staff based in the community. Tel: 0131 622 6666. Website: www.vocal.org.uk

Whizz-Kidz

A nationwide charity that runs a whole range services for young wheelchair users including residential camps, social clubs and wheelchair skills training.

Tel: 07879335956 National Tel: 020 7233 6600 E-mail: s.asher@whizz-kidz.org.uk
Website: www.whizz-kidz.org.uk

Family Support Services

The Citadel Youth Centre Families Project

Offers a range of support to local children and young people aged 6-21 years. The family project supports families in the Leith area who have primary age children who attend Citadel. Priority is given to families where at least one child is looked after at home or is in kinship care, or where at least one child has a multi-agency's child plan. The service offers individual support, parenting courses and an open drop in for parents/carers to access information and advice.

Tel: 0131 554 0510 **Email:** info@citadelyouthcentre.org.uk

Cyrenians Conflict Mediation and Support

Supports young people and families overcome conflict and other destructive behaviour patterns. Mediators and Family Outreach workers offer one to one and family support to resolve conflicts. Amber Mediation 14-24 years, Kinship Care and Looked after at home, 12 years plus, Asked to leave 16-19 years.

Tel: 475 2405 **Email:** conflictresolution@cyrenians.scot

Website: www.cyrenians.scot/family-people/conflict-resolution/mediation-and-support/

Training, events and workshops available through the Cyrenians Centre for Conflict Resolution.

Website: www.cyrenians.scot/family-people/conflict-resolution/scottish-centre-for-conflict-resolution/

Dr Bell's Family Centre

A welcoming place where local families with young children can receive support and advice in a relaxed environment. A range of support services are available including a community café with free Wi-Fi, a crèche, employment advice, access to training and learning opportunities, parent support and groups, and holiday programme.

Tel: 0131 553 0100 **Email:** administrator@dbfc.org.uk **Website:** www.drbells.co.uk

Early Years Centres

Early Years Centres offer a range of services which can include universal nursery classes for 3-5s and childcare and support for families with children 0-3 years who require additional support for a range of reasons. They may also offer parent groups and initiatives for families with young children. There are a number of Early Years Centres across the city. Many are open all year round. For more information or to make a referral speak to your Health Visitor, Social Worker or contact your local Early Years Centre directly. Most centres have a referral system which is managed by a local applications panel.

www.edinburgh.gov.uk/directory/178/early_learning_and_childcare/category/445

Edinburgh Together

Edinburgh Together is a joint initiative between Barnardo's, Children 1st and the City of Edinburgh Council. Edinburgh Together is a multi-disciplinary team providing direct support to children and families to ensure that as many Early Years, Primary to Secondary children and young people with social, emotional and behavioural needs as possible can remain in their own schools, families and communities, whenever that is safe and appropriate.

Referrals to the Service are made following a Child's Planning Meeting, minutes of the meeting should be forwarded to cf.asap@edinburgh.gov.uk with a request for support. This will then be forwarded to the Additional Support Access Point (ASAP) Group for discussion and allocation if appropriate.

Tel: Barnardos 0131 446 7000 **Website:** www.barnardos.org.uk/edinburgh-together.htm

Tel: Children 1st 0131 446 2300 **Website:** www.children1st.org.uk

Edinburgh Together Helpline (previously Parentline Scotland)

Free helpline, email and web-chat service offering advice and support for parents and carers on a range of issues that impact on your child's education such as -accessing professional help, additional support needs, emotional wellbeing and mental health and family relationships. Mon-Friday 9am-9pm Sat and Sun 9am-12pm

Tel: 08000 28 23 33 **Email:** parentlinescotland@children1st.org.uk

Web chat: www.children1st.org.uk/plschat

Website: www.children1st.org.uk/help-for-families/parentline-scotland/

Edinburgh Young Carers Project

Offers support for young people aged 5 to 20 years old who care for or are affected by someone else at home - usually a parent or sibling. The person they care for may suffer from: mental health problems, disability, chronic ill-health, drug and alcohol misuse. The service offers support, advice, respite and outreach support.

Tel: 0131 475 2322 **Website:** www.youngcarers.org.uk

Family Group Decision Making

The Family Group Decision Making team can bring extended family members together when there are child wellbeing concerns. Families are supported by a coordinator and are given time together to talk about concerns and come up with a plan to help children to remain at home or within the family.

Tel: 0131 221 2210

Email: cf.familygroupdecisionmaking@edinburgh.gov.uk

Family and Household Support Service

The service works within communities assisting residents who need support. They can help residents improve the quality of their day to day lives with:

Tenancy Support; Parenting; Debt and Benefits; School attendance; Neighbour disputes, Family relationship; Health and well-being; Accessing work and learning.

Drop In support available at North East Neighbourhood Office, Thursdays 2-4pm and Leith Library, Fridays 10am-12pm

Tel: 0131 529 7168

Email: northeast.familyandhouseholdsupport@edinburgh.gov.uk

Firsthand Lothian

Provides 1:1 support for disadvantaged, vulnerable and isolated families and families with children with disabilities. Delivered in the family home and local community at a time that works for the family as a whole, we spend time with children (birth to 16 years of age) once a week whilst encouraging parents to access other services and supports that are appropriate to their family's needs. Our service includes Early Years families with at least one child under the age of 5, families with children with additional support needs and disadvantaged and vulnerable families.

Tel: 0131 523 1322 **Email:** info@firsthand-lothian.org.uk

Website: www.firsthand-lothian.org.uk

Home Link Family Support

Offers support to families with young children in Edinburgh and Midlothian. Home Link work with families in their own homes to ensure the best start in life for children. They provide a range of services including systemic family counselling in Midlothian, family support (using trained volunteers to provide family-learning experiences) and a young parents' service.

Tel: 0131 661 0890 **Website:** www.homelinkfamilysupport.org

Home-Start Leith & North East Edinburgh

Home-Start provides a range of support to families with at least one child under five years old. Each centre has trained volunteers who support families who may be struggling with isolation, physical health, bereavement or a range of other issues.

Tel: 0131 553 7819

Email: admin@homestartleith.co.uk **Website:** www.homestartleith.co.org

People Know How

People Know How Positive Transitions Service supports children, young people and their families through the transition from primary to secondary school (P5-S3) within North East Edinburgh. They provide one-to-one and group support for young people and families.

Tel: Miren Ochoa 07305944380

Email: miren.ochoa@peopleknowhow.org

Website: www.peopleknowhow.org

Programmes, Activities and Groups for Parents and Carers

Information on all of the programmes, activities and groups for parents in the North East is updated twice per year and can be downloaded from: www.edinburgh.gov.uk/pacs

For more information on the support available for parents and carers in the North East

Email: supportingparentandcarers@edinburgh.gov.uk or **Tel:** 07860736129

Richmond's Hope

Richmond Hope provides individual and group support for bereaved children and young people age 4 to 18 years old from Edinburgh and the Lothians. They also offer telephone support and advice to parents, carers and professionals in Scotland.

Tel: 0131 661 6818 **Email:** info@richmondshope.org.uk

Website: www.richmondshope.org.uk

Safe Families for Children

Safe Families for Children Scotland provides isolated families going through a difficult time with support and guidance by offering friendship, resources and a short break for children until their parents are back on their feet with a stable support network around them.

Tel: 0131 603 8430 **Website:** www.safefamiliesforchildren.com

Sunflower Garden

Sunflower Garden based at Simpson House in Edinburgh works with children in Edinburgh who are affected by drug or alcohol misuse in their families. The service provides a range of child-friendly and child-focused therapeutic services to children aged 5-14.

Tel: 0131 220 2488 **Website:** www.crossreach.org.uk/sunflower-garden

YMCA Edinburgh

A range of projects for children and young people in Leith, Edinburgh and East Lothian. YMCA run clubs, play schemes, schools work programmes, youth groups and mentoring schemes that aim to increase young people's skills and confidence and provide a safe space where people of all ages can feel valued and respected.

Tel: 0131 553 7877 **Email:** admin@ymcaedinburgh.com

Website: www.ymcaedinburgh.com

