

## **Organisations providing parental support for those who have a caring responsibility for someone with additional support considerations in East Dunbartonshire:**

- **Carers Link**
  - Support for those with a caring responsibility in East Dunbartonshire including 1:1 support, help applying for funding for short breaks and respite, coffee mornings, yoga, mindfulness, training, support for young carers and more
  - [www.carerslink.org.uk/](http://www.carerslink.org.uk/)
- **At Ease With Autism**
  - Local support group for parents, grandparents and carers for autistic people, meeting in the Milngavie Tesco café every Friday at 1pm (except school holidays)
  - Contact Alison for more information: 07925 380 990
- **SAND (Supporting Autism and Neurodiversity) training**
  - A free 6 week block of training run by neurodiverse Occupational Therapist Heather Wright on the subjects: '*Understanding Autism and Neurodiversity*', '*Communication*', '*Processing Differences*', '*Sensory Issues*', '*Arousal and Behaviour issues*' and '*Getting it right*'. Once you have done the 6 week block then you can attend additional add-on sessions on various topics
  - [www.carerslink.org.uk/carers-autism/](http://www.carerslink.org.uk/carers-autism/)
- **Trauma Informed Parenting training**
  - Training for parents and carers on how to support yourself and your child to cope with their behaviours that challenge (open to anyone with a child with additional support considerations)
  - [www.traumainformedparenting.uk/](http://www.traumainformedparenting.uk/)
- **Local Area Co-ordinators parent and carer forum**
  - A monthly meeting for those in East Dunbartonshire who have a caring responsibility for someone on the autism spectrum, at any age and any stage of the diagnostic process. Always on the 2<sup>nd</sup> Wednesday of every month from 6-8pm alternating between in person and online on MS Teams. There are guest speakers invited to the online sessions to talk about a range of subjects, and also an ASN newsletter sent out every month to the mailing list along with the meeting minutes for those who couldn't attend.
  - [LACs@eastdunbarton.gov.uk](mailto:LACs@eastdunbarton.gov.uk) (Email the team to request more information or to be added to the mailing list)

- **Differabled**
  - Providing peer support and training to support parents and carers of children with additional support needs and neurodivergent adults. Based in Glasgow but open to East Dunbartonshire families.
  - [www.differabledscotland.co.uk/](http://www.differabledscotland.co.uk/)
- **Salveson Mindroom Centre**
  - Parent and carer support, and a children and young people's outreach service for those supporting someone with a diagnosis of Autism, ADHD and dyslexia
  - [www.mindroom.org/](http://www.mindroom.org/)
- **You Are Not Alone sessions**
  - Information sessions throughout the year run by Creatovators for those who have a caring responsibility for someone on the autism spectrum. Each session covers a different topic and has presentations from invited speakers – previous topics include: sensory processing, autism and females, sibling relationships, education inclusion and autism and eating (among others). There is also the chance to ask questions to a panel of local residents on the autism spectrum, as well as peer-support with teas and coffees
  - [www.creatovators.com/news-events/](http://www.creatovators.com/news-events/)

This list has been developed by the Local Area Co-ordinators. If you have any questions, or think we should make any changes then please contact: [LACs@eastdunbarton.gov.uk](mailto:LACs@eastdunbarton.gov.uk)