

Below is a list of some activity and social groups across East Dunbartonshire for individuals with Additional Support Considerations

Activity	Description	Website	Contact details
The Sporting Aces	Multi-sports at recreational level for people with a Learning disability and/or Autism in Kirkintilloch. Groups for ages 5+, all sessions are free.	www.thesportingaces.co.uk	Manager.thesportingaces@yahoo.com
Creatovators	Sessions for those with an ASD in East Dunbartonshire including Lego therapy, group activities and Playscheme. Targeted at younger children but open to all ages.	www.creatovators.com	June Grindley – 07981 656 184 or june@creatovators.com
The Spectrum Film Club	A monthly inclusive cinema night at Kilmardinny house in Bearsden for people with an ASN of all ages – all films have been chosen by the audience	https://www.eastdunbarton.gov.uk/health-and-social-care/services-children-families/spectrum-film-club	Local area co-ordinators – LACs@eastdunbarton.gov.uk
M.A.G.S.S. ('Manga, Anime, Games and Sci-fi Society)	An informal social group to talk about shared interests in M.A.G.S, meeting on the 1 st and 3 rd Thursday of every month at the Kirkintilloch library from 5-7pm (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Board game group	A fortnightly group to meet up and play board games - on the 2 nd and 4 th Thursdays of every month at the Kirkintilloch library from 5-7pm (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Gardening group	Gardening group for those with an ASN based in Twechar and Milngavie (alternating weeks) (14+)	www.newrootsfoodgrowing.co.uk/	Local area co-ordinators – LACs@eastdunbarton.gov.uk
Sounds of the Gallery band	Band based in Bishopbriggs for those with an ASN, meeting every Wednesday from 1:30pm-3:30pm (14+)	-	Local area co-ordinators – LACs@eastdunbarton.gov.uk

Womens group	An opportunity for neurodivergent women (16+) to socialise and take part in fun activities chosen by the women who come. E.g. games nights, movie nights, themed pamper parties and hearing from external speakers about health issues that matter to women. Mondays, 6pm-8pm in the Enterprise Centre, Kirkintilloch and Allander resource centre, Milngavie. (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Bowling group	Bowling group in Kirkintilloch meeting every Tuesday (currently operating a waiting list for new members) (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Come Dine With Outreach	Blocks of cooking classes to learn some healthy and simple recipes, run from Ramekin and Rolling Pin in Kirkintilloch (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Monday social club	An opportunity for the neurodivergent community to come together and socialise whilst taking part in games nights, karaoke and quiz nights and generally having fun. Mondays, 6pm-8pm running in both the Kirkintilloch Town Hall and Allander Resource centre in Milngavie. (16+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Cairns Inclusive Dance sessions	Inclusive dance groups in blocks for ages ranging from pre-school to secondary ages, running in Milngavie	-	Tracey - 07707792399 or cairnsincdance@gmail.com
Easties	Social group for the LGBTQIA+ community aged 13-25 meeting every Wednesday at the Kirkintilloch town hall from 6-8pm (inclusive but not ASN-specific)	-	
Aye Can Dae activities	Wellbeing workshops and activities for adults with an ASN including music/dance classes and social opportunities	www.ayecandae.co.uk	Eilidh Swatton – 07847 225 284 or ayecandae@outlook.com

EDICT Autism-specific groups	Creative art sessions for people with an ASN in East Dunbartonshire	www.edictarts.co.uk/autism-spectrum	0141 578 0251 or main.office@edictarts.co.uk
Disability sport finder	Website to search for sporting activities within your local area for those with a disability	www.disabilitysportfinder.org.uk	-
Meetup.com	A range of social groups for specific interests in Glasgow and East Dunbartonshire (ie. anime fans, walking groups, dancing groups, music lovers etc.) Has some ASD-specific meetup groups.	www.meetup.com	-
Creative Sparks theatre arts	All-inclusive arts school with classes in acting, singing and dancing in East Dunbartonshire. Ages 5-18	www.creativesparktheatrearts.co.uk/	Jennifer McDonald – 07828 731 407 or jen@creativesparktheatrearts.co.uk
Active schools ASN opportunities	Booklet containing details of sports opportunities for those with an ASN in East Dunbartonshire for ages 4+.	Contact active schools co-ordinators for a copy of the booklet or more information	karen.borland@eastdunbarton.gov.uk or Karen.oconnor@eastdunbarton.gov.uk or 0141 777 3023
Contact point social groups	Social interaction groups twice a week in Kirkintilloch	www.contactp.co.uk	0141 776 4391 or contactp@yahoo.com
Rookie Rockstars	Music lessons for those of all abilities living in East Dunbartonshire – also running Rookie Minds mental health service for young people	www.rookierockstars.org.uk/	info@rookierockstars.org.uk or 0141 404 0057
NAS social programmes	Social groups across Glasgow and East Dunbartonshire for people with Autism	https://www.autism.org.uk/what-we-do/scotland/scotland-social-groups or	-

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ENABLE social groups	A range of groups across East Dunbartonshire and Glasgow	-	enabledirect@enable.org.uk or 01698 737 000
Nectarine	A facebook page created to share opportunities, events and information for young people with ASN in East Dunbartonshire	https://www.facebook.com/groups/577774977799523	
Peace Yoga	Yoga for children and young people with additional support considerations, based in Bishopbriggs.	'Peace Yoga for special needs' on Facebook	katie@peace-yoga-sn.co.uk
Friendship Club	Friendship Club is a Christian Group designed to support young people with learning disabilities (or other ASN) to come and know Jesus. Based in St. Columba's Hillhead Church. 6:30pm – 8pm on the 2nd and 4 th Wednesday of each month.	-	Patsy 07731772620 (no booking required)
Buildovators Plus	A group for young people aged 11+ to work with Lego, explore new friendships and have a safe, supporting space. The cost is £5.	-	milly@creatovators.com
Some popular groups in Glasgow city -			
Riding for the disabled	Horse riding sessions for people with disabilities of all ages, based in Summerston	www.rdaglasgow.org	rda@rdaglasgow.org or 0141 945 1369
Dates n mates	A range of social groups for people with a Learning Disability over 18 years old eg.	www.dates-n-mates.co.uk	0141 427 2957 or dnm@change.org.uk

	club nights, karaoke, speed dating, quiz nights, bowling etc.		
Paragon music	Inclusive opportunities in music, dance and theatre classes	www.paragon-music.org	0141 354 0234 or admin@paragon-music.org
Project ability	2 different art groups – ‘Aspire’ for people 18+ with learning difficulties to work on their own art project, and ‘Reconnect’ for people who are suffering from mental health considerations	www.project-ability.co.uk/workshops	0141 552 2822 or info@project-ability.co.uk
Independance	An inclusive dance company based at the Pearce institute	www.indepen-dance.org.uk/	admin@indepen-dance.org.uk or 0141 552 3555
Glasgow Disability Alliance	Weekly social groups open to anyone with an ASN, including creative writing, mindfulness, languages and tai chi (among others)	www.gda.scot/events/	0141 556 7103 or info@gdaonline.co.uk

If you know of any changes to the groups or know of any other groups which should be included in this list then please contact Local Area Co-ordinators (LAC’s) – LACs@eastdunbarton.gov.uk

This list will be updated regularly. If you would like to be sent the most recent copy then either contact LACs or google search ‘**East Dunbartonshire Council ASN activities**’ where you can download a copy.

There is also a local monthly parent and carers forum for those who have a caring responsibility for an autistic person. The meetings are on the 2nd Wednesday of every month from 6-8pm, alternating between online on MS Teams and in person in Milngavie. They offer a chance to get some peer support from those in similar situations, as well as hearing from invited guest speakers on a range of topics. If you would like to come along then please contact LAC’s to be added to the mailing list.