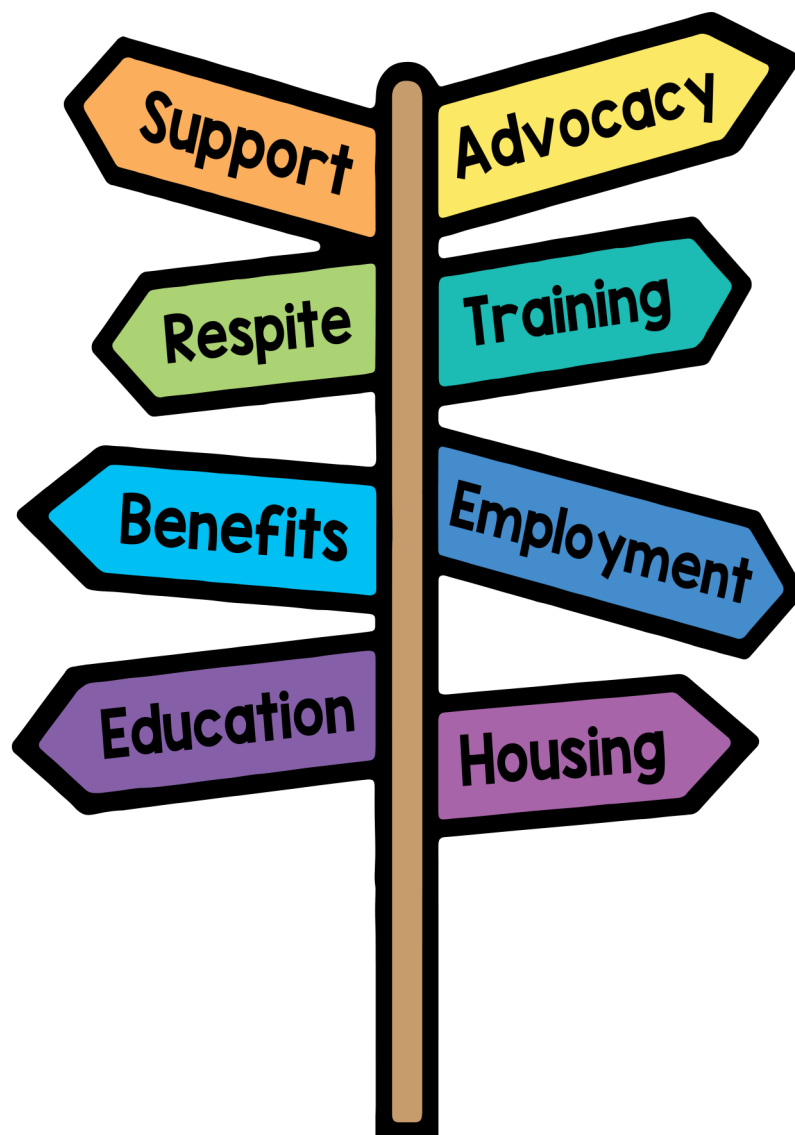




Supporting Parents and Carers of Autistic Adults



**A Guide to Services and Resources
in Edinburgh and the Lothians**



Supporting Parents and Carers of Autistic Adults

Scottish Charity No. SC042678

Published by Pasda

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Edinburgh
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Introduction

Welcome

Welcome to the 2020 edition of the **Pasda Guide to Services and Resources in Edinburgh and the Lothians**, intended for parents and carers of autistic adults.

Supporting parents and carers of autistic adults

Autism is a lifelong developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them. However Autism which includes the diagnostic profiles of Asperger Syndrome and Pathological Demand Avoidance (PDA), is often masked, and compounded, by other conditions commonly associated with it such as: Anxiety, Attention Deficit Disorder, Dyscalculia, Dyspraxia, a Learning Disability, and a range of Mental Health issues. These associated conditions can often make it challenging to accurately diagnose autism in childhood, which is why the average age of diagnosis in Scotland is currently at around 34 years of age.

Autism is a lot more common than most people think. The NHS and the National Autistic Society estimate that more than 1 in every 100 people in the UK are autistic. As awareness of autism increases and a diagnostic pathway is established, more people will be diagnosed as adults, and more families will find themselves in need of guidance and advice to support an autistic adult family member. This Guide is intended to help parents and carers to find the support services and resources they need to care for and improve the health and wellbeing of their autistic adult family member, and of the family as a whole.

Receiving a diagnosis of autism

Before receiving a diagnosis of autism, your family may have had a confusing, challenging time of managing one or more of your children through childhood, school, and complex relationships; perhaps also through college, jobs and more complex relationships. Along the way, you may have often felt uncertain, confused and even desperate about how to support and guide your child into adulthood. Now that your adult family member has been diagnosed as autistic, you may be feeling even more confused and bereft than before; or you might be feeling some kind of relief at having an explanation of what you have not been able to understand until now; or you might be experiencing a bit of both. Whatever you are feeling, you will need guidance and support to understand the diagnosis; what it means for your whole family; and how to plan for the future.

Who or what is a carer?

According to the NHS, a carer is anyone, including children and adults (family member, relative or friend) who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid. So, even though you see yourself as a relative or friend to the autistic person you are caring for, you are also their carer.

Helping parents and carers to support their autistic family member and themselves

The purpose of this guide is to help you (parents and/or carers of autistic adults) to find the organisations, resources and information you need to support your autistic family member, yourself and your whole family to live meaningful and fulfilling lives.

We wish you well on your journey!

The Pasda Trustees

About Pasda

Who we are

Pasda is a Scottish Charitable Incorporated Organisation and is governed by Trustees.

Although there is growing awareness about autism, there is still a lack of understanding about what it means to live with an autistic person. The condition is invisible and is a way of thinking and living that is sometimes difficult to comprehend. Meeting other people in a similar situation is a huge benefit to many people when they feel they are not alone. The reason Pasda was established by a small group of parents in the 1990s was to share their knowledge, experience, challenges and successes with each other in similar circumstances, and hopefully to improve their lives.

Our name

Pasda was originally known as **Parents of Autism Spectrum Disorder Adults** with the acronym **PASDA**. Since then, knowledge has evolved and the term 'disorder' is no longer considered appropriate. We have also grown from a small group of parents to a much broader group of parents, relatives and friends. As a consequence of these two changes, we decided to change the acronym **PASDA**, to the word **Pasda** in lower case letters, because the word is already well known locally and directly associated with the new expanded organisation; is easy to pronounce; and it is less costly to retain than to register the organisation under a new name.

Our aims

Pasda aims to:

- Increase understanding of autism in adults in the wider community. This includes campaigning for services, providing information and creating opportunities for the exchange of knowledge.
- Provide information which helps parents and carers of autistic adults to access support services.
- Create forums which provide opportunities for parents and carers of autistic adults to support each other by exchanging information, experiences, challenges and successes.

What we do

Pasda offers advice and support to families caring for an autistic adult in Edinburgh and the Lothians. This includes:

- Providing this updated **Guide to Services and Resources in Edinburgh and the Lothians**
- Free support to parents and carers who have an adult family member who has been diagnosed with autism. This includes:
 - One-to-one consultation on receiving a diagnosis, support, reassurance and practical guidance
 - Advice about the support, benefits and services you can access
 - Directing you to organisations that can provide the support you need
 - Connecting you with our parent and carer social and educational support groups

Pasda also offers:

- 1) Monthly meetings which include information on available parent and carer support services, and provide an opportunity for parents and carers to discuss their own situation in a safe and welcoming environment.
- 2) Coffee mornings twice a month where parents and carers can meet others in a similar situation and share challenges, ideas and encouragement.
- 3) A singing group twice a month where you are warmly encouraged to come and sing for fun.

About Pasda

- 4) A monthly walking group that provides a social opportunity to share life experiences while enjoying relaxing walks to explore places of interest in and around the city.
- 5) A community gardening group where you can work socially, learn new skills, enjoy working outdoors or relax in the fresh air.
- 6) We also run monthly carer support groups in East Lothian and West Lothian.
- 7) Access to a library of Autism literature, DVDs, and aids e.g. squeeze vest.

For details on our activities, please visit our website at: www.pasda.org.uk, where you will find our monthly newsletters along with a monthly programme of activities.

Contact us

Please contact us if:

- You cannot make contact with a service provider using the details we have included in this Guide.
- You need advice about approaching service providers listed in this Guide.
- You would like to suggest other service providers for inclusion in the next edition.
- You find any errors we need to correct in the next edition.

Our contact details are:

Tel: 0131 475 2416

Email: info@pasda.org.uk

We hope this Guide helps you to find the support you need!

The Pasda Trustees

Important notes

Reliability of the information in this Guide

Every effort has been made to ensure that the information contained in this Guide was current and accurate at the time of printing, but organisations, the services they provide, and their contact details do change over time.

Disclaimer

This is not an exhaustive A-Z directory of services. The service providers included in this guide have been selected on the basis of the recommendations of people known to Pasda, or because their advertised services appear to match the needs of parents and carers of autistic adults. However, Pasda cannot guarantee that any service provider will deliver what they offer, or guarantee the quality of their services.

Accessing the services included in this Guide

Although most services listed in this guide are free of charge, some will require a donation, and others a standard fee. As far as possible, we have tried to indicate which services include a cost, and what the cost was at the time of printing the Guide. Where possible, we have also indicated which of these fees may be funded through your local authority.

Some services require appointments; some have a waiting list; some have specified drop-in times; and some are only available to those living in certain areas. Wherever possible, we have included the relevant information, but please use the contact details provided to check directly with the organisations for specific information about how to access their services.

Acknowledgements

Pasda would like to acknowledge the following volunteers for their significant contributions to the production of the 2019 version of this Guide:

- 1) The Guide Revision Committee: Susan Chambers, Chris Griffiths, Cath Purdie, Kirsten Mutch and David Langan
- 2) All of the Parents and Carers who proposed improvements incorporated into this version of the Guide in a consultative workshop facilitated by the Revision Committee on 13 February 2019, and through detailed notes submitted after the workshop.
- 3) The Editors who dedicated many hours to enhancing the quality of the final product: Roger Pountain, Dorothy Barbour and Ruth Mutch.

Thank you

The Pasda Trustees

Autism Alert Cards

Autism-specific For parents, carers & autistic adults

Autism Initiatives Scotland: Autism Alert Card

Level 6, Curran Building, University of Strathclyde, 101 Saint James Road, Glasgow, G4 0NS

Tel: 0131 551 7260

Email: alertcard@aiscotland.org.uk

Website: www.autismnetworkscotland.org.uk

We provide an Autism Alert Card which contains information that will help other people communicate with and understand an autistic person who may be in any situation which is difficult or unusual. You can also include contact information for someone who can help. Contact us to apply for an autism alert card. If you prefer to create your own alert card, go to our website, go to 'Resources' and click on: 'Autism Alert Cards', then click on the 'ASK App'.

Autism Rights Group Highland: ARGH Card

Email: info@arghighland.co.uk

Website: www.arghighland.co.uk/arghcard.html

We offer an Alert Card designed by autistic people. The card is made in a credit card style, contains information about autism and what to expect from the individual, their name and a contact telephone number. They cost £1 and you can apply for a card by enquiring through email.

National Autistic Society Scotland: Autism Alert Card

Central Chambers, 1st Floor, 109 Hope Street, Glasgow, G2 6LL

Tel: 0141 221 8090

Email: Scotland@nas.org.uk

Website: autism.org.uk

We provide a mini-information pack for adults including key facts about autism and a credit card style Autism Alert Card you can buy online for £2.50.

Autism and Associated Conditions

Autism-specific For parents, carers & autistic adults

Autism Network Scotland

Level 6, Curran Building, Room 636, University of Strathclyde,
101 St James Road, Glasgow, G4 0NS
Tel: 0141 444 8146

Email: autism.network@strath.ac.uk

Website: www.autismnetworkscotland.org.uk

We provide a network for professionals in Scotland. Our aim is to build the capacity of the workforce to make a difference to the lives of autistic people and their families. We also have an information library on our website which covers a huge range of topics from causes of autism, to life-transitions, guidance and communication strategies.

Autism Research Centre (ARC)

University of Cambridge, Department of Psychiatry,
Douglas House, 18b Trumpington Road, Cambridge, CB2 8AH
Tel: 01223 746 057

Email: admin@autismresearchcentre.com; Or

Email: the ARC administrator

Website: www.autismresearchcentre.com

Our mission is to understand the causes of autism and to develop new methods of assessment and intervention. We collaborate with other universities, and work closely with clinical and voluntary sector services. We are partnered with the Autism Research Trust, the National Autistic Society and the Cambridgeshire and Peterborough Mental Health Foundation NHS Trust.

National Autistic Society (NAS)

Central Chambers, 1st Floor, 109 Hope Street, Glasgow, G2 6LL
Tel: 0141 221 8090

Tel: 0808 800 4104 (Autism Helpline: Monday - Thursday
10am - 4pm; Friday 9am - 3pm)

Email: scotland@nas.org.uk

Website: www.autism.org.uk

Visit our website to learn about: autism, Asperger's syndrome, pathological demand avoidance; different names used to refer to autism; information about autism and gender; current research; and our diagnostic services. You can also access our online library and find out about our training courses on autism spectrum conditions.

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Website: www.number6.org.uk

We offer training for autistic people, their parents and carers, and for professionals on understanding autism and related statutory services. These sessions are provided free of charge at the Number 6 office. Tailor-made, issue-specific training packages can be provided for a fee.

Pasda

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

Tel: 0131 475 2416

Email: info@pasda.org.uk

Website: www.pasda.org.uk

We offer support groups to parents, relatives and carers of adults with autism; provide advice about appropriate family support services; run training courses for parents and carers of autistic adults; and run a regular program of workshops aimed at helping parents and carers to understand autism, and how to care for their autistic adult family member. Visit our website to see our monthly programme.

Patrick Wild Research Centre

The University of Edinburgh, Hugh Robson Building,
Edinburgh, EH8 9XD

Email: Patrick.Wild.Centre@ed.ac.uk

Website: www.patrickwildcentre.com

We research autism and intellectual disabilities. Our mission is to understand the neurological bases of these disabilities, and to test new therapies. You can sign up for our monthly or bi-annual newsletter, or visit our website to access our research reports.

PDA Society (Pathological Demand Avoidance)

Email: info@pdasociety.org.uk, or go to the contact page on their website

Website: www.pdasociety.org.uk/contact

We provide information, support and training for parents, carers, teachers, professionals and individuals with PDA. Our website provides an explanation of what PDA is; what it is like living with it; support, advice and strategies for living with and coping with it; and resources that help with understanding it.

Scottish Autism Research Group (SARG)

The Moray House School of Education, University of
Edinburgh, Holyrood Road, Edinburgh, EH8 8AQ

Website: www.sarg.ed.ac.uk

We are an interdisciplinary group of academic researchers, postgraduate students and practitioners involved in research into autism. We provide a platform for sharing the most recent research findings on autism. To contact us, go to our website and send a message on our contact page.

Autism and Associated Conditions

Condition-specific

For parents, carers & autistic adults

Attention Deficit (Hyperactivity) Disorder – AD(H)D

AADD-UK

Website: www.aadduk.org

AADD is an interactive website where you can join an online community for support for adults with ADHD.

Adult ADHD

Website: www.aboutadultadhd.com

An information website which contains a variety of information about ADHD and how it affects adults.

Central Scotland Adult ADHD Support

Email: info@addbal.co.uk

Website: sites.google.com/site/scottishadhdadultsorg

We are a support group for adults with ADHD. Our meetings are informal and cover issues relating to dealing with ADHD on a daily basis. All are welcome, with or without diagnosis, and spouses, partners and close family members as well. Meetings are held on the first Thursday evening of every month – email for more information.

Dyslexia

British Dyslexia Association

Unit 6a, Bracknell Beeches, Old Bracknell Lane, Bracknell, RG12 7BW

Tel: 033 405 4555

Helpline: 033 405 4569

Email: Go to the website and click on the email contact

Website: www.bdadyslexia.org.uk

Our vision is to create a dyslexia friendly society that enables dyslexic people of all ages to reach their full potential. We aim to influence government and other institutions; raise awareness about dyslexia, provide training, assess and diagnose dyslexia, do workplace assessments and provide online resources and learning opportunities.

Scottish Dyslexia Helpline

Dyslexia Scotland, 2nd Floor, East Suite, Wallace House, 17– 21 Maxwell Place, Stirling, FK8 1JU

Tel: 0178 446 650

Helpline: 0344 800 8484

Monday to Friday, 10am-1pm and 2pm-4pm

Email: helpline@dyslexiascotland.org.uk; or

dswestlothian@gmail.com

Website: www.dyslexiascotland.org.uk

We can help answer any questions you may have about dyslexia and how it may affect you. We have resources online for people with dyslexia, parents, educators and professionals.

Dyspraxia

Dyspraxia Foundation Scotland

Helpline: 01462 454 986 (10am- 1pm, Monday – Friday)

Email: dyspraxia@dyspraxiafoundation.org.uk

Website: www.dyspraxiafoundation.org.uk

We support individuals and families affected by dyspraxia through support groups for adults who have dyspraxia. We also: promote better diagnostic and treatment facilities; help professionals in health and education to assist those with dyspraxia; publish leaflets, booklets, books and guides for parents, those who have dyspraxia and professionals; and organise conferences and talks about dyspraxia for parents, carers and professionals.

Dyspraxia Scotland Limited

Unit 24, 9–10 Dock Street, Dundee, DD4 8QN

Email: Go to the website and click on the email contact

Website: www.dyspraxiascotland.org.uk

We provide support, advice and diagnoses to adults and children across Scotland.

Epilepsy

Epilepsy Scotland

48 Govan Road, Glasgow, G51 1JL

Tel: 0141 427 4911

Helpline: 0800 800 2200

Email: contact@epilepsyscotland.org.uk

Website: www.epilepsyscotland.org.uk

We work with people living with epilepsy to ensure that their voice is heard.

Learning Disabilities

NHS Community Learning Disability Teams

East Lothian: Dunpender, Herdmanflat Hospital, Haddington

EH41 3BU

Tel: 0131 536 8542

Edinburgh: Gracemount Medical Centre, 24 Gracemount Drive, EH16 6RN

Tel: 0131 672 9500

Leith Community Treatment Centre, 12 Junction Place, EH6 5JA

Tel: 0131 536 6257

North Edinburgh Locality Office, 8 West Pilton Gardens, EH4 4DP

Tel: 0131 537 4261

Westerhailes Healthy Living Centre, 30 Harvester Way Drive, EH14 3JF

Tel: 0131 453 9339

Autism and Associated Conditions

Midlothian: Bonnyrigg Health Centre , Quarry Road , 109-111 High Street, Bonnyrigg, EH19 2ED
Tel: 0131 537 9924

West Lothian: Arrochar House, Almondvale Blvd., Livingston, EH54 6QJ
Tel: 01506 284070
Website: www.services.nhslothian.scot/Learning_Disabilities
We provide specialist health care, advice and treatment to adults with a learning disability who are registered with a GP and have a diagnosis. The GP must refer your case to us.

The Salvesen Mindroom Centre

Suite4/3, Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ
Tel: 0131 370 6730
Email: directhelp@mindroom.org
Website: www.mindroom.org
We provide information and one-to-one support to children and adults who have a learning disability and/or autism, dyslexia, dyspraxia, or ADHD, and to their parents and carers.

Mental Health

Breathing Space

Tel: 0800 83 85 87
Office hours: Monday - Thursday 6pm to 2am; Friday 6pm - Monday 6am.
Helpline: 0800 83 85 87 (6pm- 2am weeknights & all weekend)
Outside of these times, you can call Samaritans on: 116123
Website: www.breathingspacescotl/need-help-now
We provide a free, confidential phone-line you can call when you are feeling down., stressed, lonely, distressed, in despair, or suicidal. Whatever your reason, call us to talk things over.

CRUSE

Helpline: 0845 600 2227
Office hours: Monday - Wednesday, 10.00am - 8.00pm; Thursday, 10.00am - 9.00pm; Friday, 10.00am - 4.00pm
Email: Click on the email function on the website
Website: www.crusescotland.org.uk
We offer free bereavement care and support. We're able to listen to you; support you via one-to-one counselling sessions; or reassure you that other people have been through a similar experience.

Edinburgh Self-Harm Project

Penumbra, 5 Leamington Terrace, Edinburgh, EH10 4JW
Tel: 0131 229 6262
Email: selfharm.edinburgh@penumbra.org.uk
Website: www.penumbra.org.uk
We support people over 16 who need to discuss self-harm or suicide in a confidential and non-judgemental environment. We also offer a skin camouflage clinic; parent/carers information; and one-on-one support sessions.

Living Life to the Full

Website: www.lltff.com
We offer free, online, life skills courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Autistic individuals can take part in the course at the Number 6 One-Stop-Shop at 24 Hill Street, Edinburgh. You can phone Number 6 on 0131 220 1075 for more information.

Mental Welfare Commission

Thistle House, 91 Haymarket Terrace, Edinburgh, EH12 5LQ
Tel: 0131 313 8777
Freephone for service users and carers: 0800 389 6809, Monday to Friday 9am - 5pm
Email: enquiries@mwscot.org.uk
Website: www.mwscot.org.uk
We work to safeguard the rights and welfare of everyone with a mental illness, learning disability or other mental disorder. We can give you information and advice about your rights in relation to mental health care and treatment. We also check that professionals are working within the law and that individual treatment is safe and in line with good practice.

Penumbra

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Tel: 0131 475 2380
Email: enquiries@penumbra.org.uk
Website: www.penumbra.org.uk
We provide a wide range of practical, emotional and social support services to adults and their carers, to improve mental health and well-being. We also offer a 24-hour crisis helpline for people who self-harm, have substance abuse challenges, or are lonely or homeless.

Autism Assessment & Diagnosis

Autism-specific For parents, carers & autistic adults

Autism Network Scotland

Adult Autism Assessment & Diagnostic Services

Website: www.autismnetworkscotland.org.uk/autism-diagnostic-services/

We provide a complete list of assessment and diagnostic services for adults in Scotland. The following are the adult services available in Edinburgh and the Lothians:

North East Community Learning Disability Team

Leith Community Treatment Centre, Junction Place,
Bonnington Road, Edinburgh, EH6 5JQ.

Tel: 0131 536 6257

North West Community Learning Disability Team

Pennywell Resource Centre, 31 Pennywell Road,
Edinburgh, EH4 4PJ,

Tel: 0131 537 4226

Regional ASD Consultancy Service

65 Morningside Drive, Edinburgh, EH10 5NQ

Tel: 0131 446 6805/6819

West Lothian Community Learning Disability Team

Shiel House, Shiel Place, Craigshill, Livingston, EH54 5EH

Tel: 01506 433 384

South Eastern Community Learning Disability Team

Gracemount Medical Centre, 24 Gracemount Drive,
Edinburgh, EH16 6RN

Tel: 0131 672 9500

National Health Service (NHS)

Adult Assessment & Diagnosis

Website: www.nhs.uk/conditions/autism/diagnosis

If you are concerned that you, or an adult family member may be autistic, the only way to be sure is to get a diagnosis. Getting a diagnosis should be done by a specialist autism team; or a healthcare professional who specialises in diagnosing autism. You will need to see a GP and get a referral to a specialist autism team, a psychiatrist or clinical psychologist.

Scottish Autism

National Diagnosis and Assessment Service

New Struan School, 100 Smithfield Loan, Alloa, FK10 1NP

Tel: 01259 222000

Email: newstruan@scottishautism.org

Website: www.scottishautism.org

We operate an open referral system which can enable you to be referred to us for an assessment by a GP, a health professional, a court, a prison service, a solicitor, a social worker, an education service, the Ministry of Defence, your employer, or your own family. Go to our website to download a copy of the referral from.

The Edinburgh Practice

35a Northumberland Street, Edinburgh, EH3 6LR

Tel: 0131 467 0981

Email: admin@edinburghpractice.com

Website: edinburghpractice.com/autism-assessment-adults

Receiving a diagnosis in your adult years can be a mixed experience. Many people feel an overwhelming sense of relief as they can finally put a name to all the difficulties they have been facing. Others feel sad that it has taken so many years to receive their diagnosis. We are a private practice. We offer autism assessments for adults. The cost per adult is £1,500.00. We also offer counselling support after diagnosis.

Befriending & Mentoring

Autism-specific For autistic adults

National Autistic Society e-befriending

National Autistic Society, 393 City Road, London, EC1V 1NG
Tel: 020 7833 2299

Email: e-befriending@nas.org.uk

Website: www.autism.org.uk/services/community/befriending-mentoring.aspx

We offer an e-befriending service, where you can receive support from a trained volunteer befriender via email.

Contact us for an application form.

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: stewart.campbell@aiscotland.org.uk (Volunteer Coordinator)

Website: www.number6.org.uk

We offer a befriending service for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. Contact Stewart Campbell for more information.

General For autistic adults

Move On

(2f1) 25 Greenside Place, Edinburgh, EH1 3AA

Tel: 0131 558 3740

Email: mail@moveon.org.uk; Or: amy.dunn@moveon.org.uk

Website: www.moveon.org.uk

We offer a befriending and mentoring service to vulnerable people between 14 & 25 to support them to achieve their goals and reach their full potential. Our mentors will meet with you once a week to work together towards your goals. To refer someone to the service: contact Amy at the above number or email address; or go to our website to download, complete and submit a referral form.

The Rock Trust

55 Albany Street, Edinburgh, EH1 3QY

Tel: 0131 557 4059

Or

20 Grampton Court, Beveridge Square, Livingston, EH54 6QF

Tel: 01506 591 860

Email: admin@rocktrust.org

Website: www.rocktrust.org

We offer a mentoring programme to support socially excluded 16-25 year olds who are at risk of homelessness. We offer a mentoring service alongside group activities which aim to help individuals expand their social networks.

General

For parents, carers & autistic adults

Befriending Networks

63-65 Shandwick Place, Edinburgh, EH2 4SD

Tel: 0131 261 8799

Email: info@befriending.co.uk

Website: www.befriending.co.uk

We provide a UK-wide database of befriending services. Go to our website directory to find a befriending service in your locality.

Equal Futures

Hayweight House, 23 Lauriston Street, Edinburgh, EH3 9DQ

Tel: 0131 281 7367

Email: info@equalfutures.org.uk

Website: www.equalfutures.org.uk

We build an informal network of people around one individual with a learning disability. The network offers support and friendship to the individual and their family, and finds ways to help the individual to live the life they want. This can include developing a better social life, support and guidance during a period of change, and help to achieve goals and aspirations.

Re:discover Scheme

Health in Mind, 40 Shandwick Place, Edinburgh, EH2 4RT

Tel: Edinburgh, Farah, Or Joanna: 0131 225 8508

Tel: Midlothian, Lisa Hodgkinson: 0131 202 6413, Or 077607 53020.

Email: contactus@health-in-mind.org.uk

Website: www.health-in-mind.org.uk

We help people in Edinburgh, Midlothian or the Scottish Borders who feel isolated due to mental ill health. We can help you to take the first steps towards meeting new people, rediscovering old hobbies and developing new interests and connections. We offer a befriending service for up to 6 months. For referrals, you can download a referral form on our website, complete it and return in by mail; or contact the office nearest to you.

Benefits & Entitlements

Autism-specific For autistic adults

Number 6 One-Stop-Shop

Edinburgh One-Stop-Shop, 24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Website: www.number6.org.uk

We offer benefits advice and support for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. We can help you to: apply for benefits; re-apply for benefits; and deal with benefit changes. We can also help you with letters you have received, appeals and tribunals.

General For parents, carers & autistic adults

Advice Shop

249 High Street, Edinburgh, EH1 1YJ

Office hours: Monday, Wednesday & Thursday: 8.30am – 4.30pm; Tuesday: 9.30am – 4.30pm; Friday: 8.30am – 3.40pm.
Tel: 0131 200 2360

Email: advice.shop@edinburgh.gov.uk

Website: <http://www.edinburgh.gov.uk/advice-shop>

The Advice Shop and Direct Payments work together to provide free advice and representation on benefits and tax credits. Our services help to: get you the benefits you are entitled to, fill in forms, resolve rent arrears, give you representation at appeals, appeal if you do not agree with a benefit decision. Go to our website and click on the request function to select the topic you need support with.

Citizens Advice Edinburgh (CAE)

CAE Dundas Street

58 Dundas Street, Edinburgh, EH3 6QZ

Office hours: Monday, Tuesday & Thursday: 09.10 - 16.00;
Wednesday: 09.10 – 13.00; 13.30 – 16.00 (Drop-in); 18.00 - 20.00; Friday: 09.10 - 13.00 (Drop-in)

Or

CAE Gorgie/Dalry

Fountainbridge Library, 137 Dundee Street, Edinburgh, EH11 1BG

Office hours: Monday - Friday: 10.15 - 16.30;
Monday evening: 17.30 - 19.00 (Legal Clinic, by referral).

Or

CAE Leith

23 Dalmeny Street, Edinburgh, EH6 8PG

Tel: 0808 800 9060 (advice)

Office hours: Monday- Friday: 09.30 - 12.30 (Drop-in); 12.30 - 16.30 (appointment only); Tuesday evening: 17.00 - 20.00 (Legal/Employment Clinics - appointment only)

Or

CAE Portobello

8a & b Bath Street, Edinburgh, EH15 1EY

Office hours: Monday, Wednesday & Friday: 09.30 - 16.30;

Tuesday & Thursday: 09.30 - 12.30 (Drop-in); 12.30 - 16.30 (appointments only).

Tel: 0131 510 5510

Email: Contact@caed.org.uk

Website: www.citizensadvice-direct.org.uk/adviceguide

We provide free advice on issues including: money (debts, benefits, tax); family (relationships, health, housing, education); daily life (employment, consumer affairs, communications, travel); rights (civil rights, immigration, legal rights and responsibilities).

City of Edinburgh Council Services

Income and Benefits Division, PO Box 12331, Edinburgh, EH7 9DN

Office hours are:

Monday, Wednesday and Thursday: 8.30am to 4.30pm;
Tuesday: 10.00am to 4.30pm; Friday: 8.30am to 3.40pm.

Tel: 0131 608 1111 (general enquiries)

Tel: 0131 529 5050 (for appointments)

Email: socialcaredirect@edinburgh.gov.uk

Websites: www.edinburgh.gov.uk

Or

www.edinburgh.gov.uk/allonlineservices

The previous Benefits Enquiry Line and Benefits Online services work together with Edinburgh Council Services. Use the above contact details to contact us for all information about benefits, housing and council tax.

Disability Information Scotland

Thorn House, 5 Rose Street, Edinburgh, EH2 2PR

Text: 0778 620 0707

Helpline: 0300 323 9961

Email: info@disabilityscot.org.uk

Website: www.disabilityscot.org.uk

We provide guidance, information and support with benefits and wellbeing. You can contact us directly for support, or go to our website to find our information guides on: disability living allowance; personal independence payment; attendance allowance; benefit appeal reconsiderations; employment and support allowance (making new claims and after you get a decision); introduction to universal credit; carer's allowance; grants & money; travel & transport; education & employment; and social, leisure & sport.

FAIR (Family Advice and Information Resource)

95 Causewayside, Edinburgh, EH9 1QG

Tel: 0131 662 1962: 09.00 - 17.00, Monday - Friday.

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We are an information and advice service for people with learning disabilities and their families. We can help you with your assessment for benefits. We can also help you to: claim new benefits; re-apply for benefits; fill in forms; budget; manage your money; pay your bills; open bank accounts; and manage your debts. In addition, we have information guides you can download from our website on: visiting a doctor, cooking, leisure activities, education and work.

Benefits & Entitlements

Grapevine Disability Information Service (LCiL)

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Advice Line: 0131 475 2370 (Mon to Fri, 10.00 am to 4.00 pm)
Email: grapevine@lothiancil.org.uk
Website: www.lothiancil.org.uk

We have specialist expertise in responding to the advice and information needs of disabled people, people with long term conditions and older people. We provide free, confidential and independent information and advice to anyone looking for disability related information on: benefits; accessible transport; community care and self-directed support; equipment and wheelchairs; housing and adaptations; education and employment.

Lothian Centre for Inclusive Living (LCiL)

Norton Park; 57 Albion Road, Edinburgh, EH5 7QY
Tel: 0131 475 2350
E-mail: lcil@lothiancil.org.uk

Website: www.lothiancil.org.uk

We provide advice and training about disabled people's rights, about independent living, peer support, benefits and welfare for the Lothians. Regular groups meet in Edinburgh and West Lothian.

Midlothian Council Welfare Rights Team

Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA
Tel: 0131 270 8922

Website: www.midlothian.gov.uk/info/612/benefits_and_grants/516/benefits_advice

We offer: welfare advice and benefits checks; help with applying for benefits; help in a crisis, e.g. if you have no money; help with benefit appeals and tribunal representation; basic debt and housing advice. You must make an appointment. The average waiting period for an appointment is 1 - 3 weeks.

Turn2Us

Website: www.turn2us.org.uk

We help people in financial need to gain access to welfare, benefits, charitable grants and other financial help. Our website includes an easy-to-use benefits checker to find out what benefits you may be eligible for; help with finding small grants and other support such as short breaks/respite. You can contact us through the contact form on our website. We will then arrange to support you online, by phone, or face-to-face through one of our partner organisations.

VOCAL (Voice of Carers Across Lothian)

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB

Tel: 0131 622 6666

Email: centre@vocal.org.uk

Website: www.vocal.org.uk

We support and empower unpaid carers through individual support, information, training and access to services. Our Carer Support Team provides up to date information on benefits, carer employment rights, housing, education, entitlements and discounts, by telephone or by appointment. We also run free monthly Money Matter sessions for carers on benefits on issues like: paying for long term care, and general benefits and support. Our dedicated Money Matters Worker can provide you with a Benefits Check and then support you to complete applications. You will need to book an appointment for these sessions.

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX

Tel: 0131 663 6869

Email: midlothian@vocal.org.uk

Website: www.midlothiancarers.co.uk

We support and empower unpaid carers. We can provide information, individual support, training, group work and counselling for carers; support with your needs, hopes, goals for the future, and next steps; complete an Adult Carer Support Plan and Emergency Plan for you; monthly coffee mornings, a training programme and counselling service; and our Wee Breaks service provides support to carers in planning and accessing short breaks from caring.

Care and Support for Autistic Adults

Autism-specific For autistic adults

Autism Initiatives Scotland

11 Granton Square, Edinburgh, EH5 1HX

Tel: 0131 551 7260

Email: Go online and use the contact function.

Website: www.autisminitiatives.org

We offer outreach and day services to any individual with a diagnosis of autism in the Lothians. Contact us for more information.

Edge Autism Limited

Summers House, Station Road, Eskmills, Musselburgh, EH21 7PB

Tel: 0131 285 8930

Email: Go to the website and use the contact function

Website: www.edgeautism.com

We support autistic young people between 14 and 30 years of age who want care in their own home, and who want to design their own care package. We specialise in assisting people to achieve their dream of independent living. Our goal is to provide life skills, re-integration into the community, as well as enhance and support hobbies, skills and talents.

Autism-specific For parents, carers & autistic adults

Living Autism Foundation

Parkhill Business Centre, Wetherby, Yorkshire, LS22 5DZ

Tel: 0800 756 2420

Email: info@livingautism.co.uk

Website: www.livingautism.com

We are a network of service providers who aim to make sure that autism support services are high quality. We can help you find a local service in your area which suits you, and your family member. Our services are free.

National Autistic Society (NAS)

Central Chambers, 1st Floor, 109 Hope Street, Glasgow, G2 6LL

Tel: 0141 221 8090

Autism helpline: 0808 800 4104

Supporter Care line: 0808 800 1050

Office hours for calls: Monday - Thursday: 10.00am - 16.00pm;

Friday: 9.00am - 15.00pm

Email: scotland@nas.org.uk; Or: supportercare@nas.org.uk

Website: www.autism.org.uk

The National Autistic Society provides limited support services in Edinburgh, but visit our website to use our online enquiry function.

Scottish Autism

Lothian and Borders Area Services

17d North High Street, Musselburgh, EH21 6JA

Tel: 0845 300 9274

Or

2 Parkside Centre, Dalkeith, EH22 3BF

Tel: 0131 654 2257

Advice line: 01259 222 022, Monday - Friday: 10.00am - 16.00pm

Email: lothian@scottishautism.org

Website: www.scottishautism.org

We offer a wide range of services, including day services, supported living and outreach support.

General For parents, carers & autistic adults

Action Group

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

Tel: 0131 475 2315

Or

East Lothian: 1 Court Street, Haddington, EH41 3JD

Tel: 01620 823 282, Or 01620 824 028

Or

Midlothian: Westfield Park, 12 Dalhousie Road, Dalkeith, EH22 3BD

Tel: 0131 261 4554

Or

West Lothian: Unit 8A, Almondside, Livingston, EH54 6QU

Tel: 01506 442 926

Email: info@actiongroup.org.uk

Website: www.actiongroup.org.uk

We offer housing support services and broad range of care at home services for anyone who has additional support needs.

We also provide support with general life skills, socialising, managing money, getting work, studying and community involvement.

Capability Scotland

Osborne House, 1 Osborne Terrace, Edinburgh, EH12 5HG

Tel: 0131 337 9876

Email: Go to the website and use the email function.

Website: www.capability-scotland.org.uk

We offer a wide range of services for adults with learning disabilities including, a range of day support activities: therapy, massage, exercise, gardening and cooking; support for independent living: skills for daily living, community involvement activities, holidays, short breaks, and short and long term care homes.

Care and Support for Autistic Adults

Carr-Gomm Scotland

11 Harewood Road, Edinburgh, EH16 4NT

Tel: 0300 666 3030; Or 0131 659 4777

Email: Go to the website and use the email function.

Website: www.carrgomm.org

We offer day services and outreach support for people with a range of difficulties, including staff specifically trained to work with people on the spectrum. Our autism support includes: supporting people to live independently; and dedicated, trained workers who build relationships with their clients, and provide person-centred support programmes.

Cherry Road Learning Centre

8 Cherry Road, Bonnyrigg, EH19 3ED

Tel: 0131 561 5402

Email: cherryroad.info@midlothian.gov.uk

Website: cherryroadlearningcentre.com

We work to help you realise your own potential in partnership with the Midlothian Council's Adult Health and Social Care Services and Artlink. We offer: encouragement and support for your learning; a personalised service based on your interests and goals; a safe environment to support you to achieve your outcomes; support to make positive choices and take positive action to improve your life.

Crossroads Caring Scotland

Edinburgh: Safestore, Fort Kinnaird, 62—66 Newcraighall Road, Edinburgh, EH15 3HS

Or

Springwell House, 1 Gorgie Road, Edinburgh, EH11 2LA

Tel: 0131 346 1596

Email: edinburgh@crossroadscotland.co.uk

Or

West Lothian: 1 Waverley Street Industrial Estate, Bathgate, West Lothian, EH48 4HY

Tel: 01506 630 586

Email: westlothian@crossroads-scotland.co.uk

Or

Mid- and East Lothian: Fisherrow Community Centre, South Street, Musselburgh, EH21 6AT

Tel: 0131 665 3810

Email: Go to our website and use the email function.

Website: www.crossroads-scotland.co.uk

We support people of all ages regardless of their illness or disability. Our services can include: preparing and serving meals and helping clients to eat and drink; assisting with toileting and personal hygiene and assisting in the management of continence; administering medicines; helping with dressing and undressing; providing companionship and emotional support; assisting with mobility; keeping the client's room tidy and undertaking all essential laundry; and escorting clients and taking them on outings. Our services are designed to: improve the quality of life; support people to live independently at home; and enable carers and service users to benefit from regular, meaningful short breaks.

ELCAP Ltd

Easington Lane Community Access Point

Woodbine Cottage, West Loan, Prestonpans, EH32 9WU

Or

East Lothian: 9 Potter's Path, Tranent, EH33 2NX

Or

Midlothian: 65 Woodburn Drive, Dalkeith, EH22 2BB

Tel: 01875 814 114

Email: enquiries@elcap.org

Website: www.elcap.org

Our staff have experience of supporting people who have learning disabilities, physical disabilities, mental health problems, dementia, physical health problems, communication difficulties, behavioural difficulties, and sensory impairments. Our care and support services include: social and exercise activities, arts and crafts, movie nights, healthy meals and shopping outings.

Garvald Centre Edinburgh

600 Gorgie Road, Edinburgh, EH11 3AL

Tel: 0131 228 3712

Email: admin@garvaldedinburgh.org

Website: www.garvaldedinburgh.org.uk

We offer day places and workshops for people with learning disabilities to participate in: art and crafts, workshops, bakery, drama, jewellery, puppetry, pottery, textiles and other activities; as well as social activities and day trips.

Health In Mind

40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: contactus@health-in-mind.org.uk

Website: www.health-in-mind.org.uk

We promote positive mental health and wellbeing through a wide range of services including: befriending; guided self-help; counselling; anxiety, depression and low mood support group; alcohol and drug recovery support; women's and men's groups; support for minority ethnic communities; trauma support; and counselling and information websites.

Inclusion Alliance

Office C, 2 Quayside Mills, Quayside Street, Edinburgh, EH6 6EX

Tel: 0131 447 6501

Email: admin@inclusionalliance.org.uk

Website: www.inclusionalliance.org.uk

We offer community-based day services to support those with long term high support needs in their own homes; and where possible, support to engage in community and learning opportunities.

Care and Support for Autistic Adults

Local Area Coordination

St Giles' Room, City Chambers, Edinburgh, EH1 1YJ

Tel: 0131 659 7842

Email: localareacoordinationreferrals@edinburgh.gov.uk

Website: www.edinburgh.gov.uk/info/20079/disabilities/476/support_for_people_with_disabilities

If you are over 16, and have a mild to moderate physical or learning disability or acquired brain injury, we can help you to: use transport on your own; make plans; keep up with friends and get to know people; look into education that may help you get work; and use leisure services for your health and wellbeing. We can also support your family or carers. If you need advice, contact us.

Lothian Centre for Inclusive Living (LCiL)

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

Tel: 0131 475 2350 (Mon - Fri, 10.00 am to 4.00 pm)

Email: lteam@lothiancil.org.uk

Website: www.lothiancil.org.uk

We support disabled people in the Lothians to live independently. Our services include: identifying needs and expressing desired outcomes; preparing for local authority assessments; exploring self-directed support (SDS) options; liaising with local authorities and other appropriate organisations; setting up contracts with care agencies or recruiting and managing personal assistants. Our support can be provided either as a home visit, at an agreed venue, or by appointment in our offices.

Neighbourhood Network

Tel: 0141 440 1005

Email: info@neighbourhoodnetworks.org

Website: www.neighbourhoodnetworks.org

We offer flexible and responsive support to meet your personal care needs in East Lothian and Midlothian. We can support you to establish a safe and independent life. We can also help you to experience a real sense of belonging and involvement; become less isolated and lonely; learn new skills such as independent travel, cooking, life skills, budgeting and much more, including volunteering and employment skills.

Poppy Homecare Ltd.

Wallyford, East Lothian, EH21 8BY

Tel: 0786 546 2635

Email: poppyhomecare@hotmail.com

Website: www.poppyhomecare.co.uk

We support adults with disabilities and autism in East Lothian and Edinburgh. We involve the whole family in decisions about the tailored support we provide, which can include: household chores, support for outings and holidays, help with accessing the community, domestic tasks, escorts for college or work placements, trips for leisure/entertainment, advice and support on a healthy lifestyle, coping with transition, direct payments or self-directed care advice; help with bath and showering, medication assistance, dressing/undressing, night care.

Redwoods Caring Foundation

Kirk Farm House, 6 Lasswade Road, Edinburgh, EH16 6RZ

Tel: 0131 672 2999

Email: office@redwoods.org.uk

Website: www.redwoods.org.uk

We support people with learning disabilities in Edinburgh and the Lothians. Our services include 24-hour care, housing support, and day services.

Richmond Fellowship Scotland

19-20 Nichollfield, Edinburgh, EH6 4RA

Tel: 0131 555 3490

Email: Go to the website and use the contact facility

Website: www.richmondfellowship.org.uk

We support people to recover from mental health problems. Our services include: community-based peer and individual support in your home to manage your tenancy, maintain domestic routines, play an active part in the community, engage in everyday mainstream activities, voluntary work, training to get back into work and returning to paid employment and staying in work. We also offer supported living services and a 24-hour residential recovery service.

Saint Joseph's Services

72 Carnethie St, Rosewell, Midlothian, EH24 9AW

Tel: 0131 440 7200

Email: admin@stjosephsservice.co.uk

Website: <http://stjosephsservices.co.uk>

We support adults with learning disabilities. We can support you to: live a fulfilling life; get involved in your local community; develop a tailored, person-centred support plan to suit your personal circumstances. We will: provide you with a support agreement that outlines how much support you are paying for, when you want that support, and what you'd like us to provide for you; a key support worker; regular evaluation of our services.

Sense Scotland

43 Middlesex Street, Kinning Park, Glasgow, G41 1EE

Office hours: 9.00am to 5.00pm

Tel: 0300 330 9292

Email: info@sensescotland.org.uk

Website: www.sensescotland.org.uk

We support people with disabilities. We offer day care support to help you: learn new skills or gain a qualification; do the shopping and prepare a meal for you and/or your family when they visit; take part in activities you enjoy; help you with your health and well being; and meet new people. We can also support you to live independently by helping you to: plan the support you need; prepare and cook meals; pay bills; take medication; meet friends and have a good social life; do housekeeping; go to college; and develop new interests.

Care and Support for Autistic Adults

SIBS (Support for Siblings)

Tel: 01535 645453

Email: info@sibs.org.uk Or contact function on website

Website: www.sibs.org.uk

We offer support services for adults who are the siblings of a disabled person. There is a lot of information on our website, including: adult sibling experiences; your relationship with your disabled brother or sister; guides and tips for adult siblings; support groups; safeguarding your disabled sibling; and coping with feelings and bereavement.

Thera Trust Scotland

69 George St, Edinburgh EH2 2JG

Tel: 0300 303 1286

Email: info@thera.co.uk

Website: www.thera.co.uk

We support people with a learning disability in Edinburgh, Midlothian and East Lothian. We offer to support you to live independently in your own home. We can also help you: find the right place to live; set everything up; and make sure your new home is adapted to meet your needs. Once you have moved in, we can help you to: get support to keep your home clean, safe and tidy; get chores done and manage your money.

Tiphereth Camphill Edinburgh

55 Torphin Road, Edinburgh, EH13 0PQ

Tel: 0131 441 2401 / 441 2055

Website: www.tiphereth.org.uk

We have three residential care homes, a wide variety of day services and social enterprise projects supporting the life and work of adults with learning disabilities and autism. We offer day service care and activity placements to engage people in meaningful work and develop practical and social skills. Our day activities include: arts and crafts, cooking, gardening, music, woodwork, basketry, environmental activities and practical volunteer work in teams.

Upward Mobility

Edinburgh Palette, St Margaret's House, 151 London Road, Edinburgh, EH7 6AE

Tel: 0131 661 4411, Or: 0131 661 1924

Email: info@upm.org

Website: www.upm.org

We deliver educational and creative workshops within a day service environment. Our workshops are designed to build self-confidence, while providing opportunities for creative expression and personal development. We currently run over 30 workshop sessions per week, including: film, photography, multimedia, drama, music, creative movement, yoga, community gardening and work experience. We also offer one-to-one support services every day of the year.

Carer and Parent Support

Autism-specific For parents and carers

Pasda

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

Tel: 0131 475 2416

Email: info@pasda.org.uk

Website: www.pasda.org.uk

We provide free support to parents and carers who have an adult family member who has been diagnosed with autism. Our support includes: one-to-one consultation to deal with receiving the diagnosis; emotional and moral support, reassurance and practical guidance; advice about the support, benefits and services you can access; directing you to organisations that can provide the support you need; connecting you with our parent and carer support groups that provide regular support and guidance through social and educational activities. We also offer: 1) Monthly meetings which include information on available parent and carer support services, and provide an opportunity for parents and carers to discuss their own situation in a safe and welcoming environment. 2) Coffee mornings twice a month where parents and carers can meet others in a similar situation and share challenges, ideas and encouragement. 3) A singing group twice a month where you are warmly encouraged to come and sing for fun. 4) A monthly walking group that provides a social opportunity to share life experiences while enjoying relaxing walks to explore places of interest in and around the city. 5) A community gardening group where you can work socially, learn new skills, enjoy working outdoors or relax in the fresh air. 6) We also run monthly carer support groups in East Lothian and West Lothian.

General For parents and carers

CA(I)RE

The Eric Liddell Centre, 15 Morningside Road, Edinburgh, EH10 4DP

Tel: 0131 446 3321 Or 0131 446 3317

Email: caireproject@ericliddell.org

Website: www.ericliddell.org/services/caire-programme

We focus on maintaining the good health and general well-being of unpaid parents/carers so that they can fulfil their caring role adequately. We offer a broad range of support services including: support groups; leisure activities; training opportunities; a befriending service; and a short breaks service.

Care for Carers

St Margaret's House (Room 4.25), 151 London Road, Edinburgh, EH7 6AE

Tel: 0131 661 2077

Email: admin@care4carers.org.uk

Website: www.care4carers.org.uk

We provide a range of support services, including: providing information; training in stress management; subsidised complementary therapies; respite and short breaks for carers and the people they care for; and reducing isolation and promoting social inclusion.

Carers of East Lothian (COEL)

94 High Street, Musselburgh, EH21 7EA

NOTE: Our new address from September 2019 is:

The Community Hospital, Haddington

Tel: 0131 665 0135

Email: centre@coel.org.uk

Website: www.coel.org.uk

We provide advice and information to carers living in East Lothian. We have a team of Carer Support Workers who work closely with carers to support them across a wide range of issues including: information and advice about health and social care services, to assistance with assessments and care planning as part of Self Directed Support. We also support carers with housing concerns or adaptations; future planning; finding ways to combine caring and employment; and with exploring more effective ways to manage and support the person they care for.

Carer and Parent Support

Carers of West Lothian (COWL)

Sycamore House, Quarrywood Court, Livingston, EH54 6AX
Tel: 01506 448000

Email: office@carers-westlothian.com

Website: www.carers-westlothian.com

We provide information, advice and a listening ear to unpaid carers. We can provide one to one or group support to help you to improve your health and wellbeing and to access our range of course, activities and classes. We can also help you to feel more confident supporting your loved one, cope with stress, manage your caring role alongside your own life and work and interests, access funding for short breaks, manage your finances, ensure you are accessing relevant benefits; support you to obtain Power of Attorney; and access our carer counselling service.

Carers Scotland

The Cottage, 21 Pearce Street, Glasgow, G51 3UT

Advice Line: 0808 808 7777

Office: 0141 445 3070

Email: info@carerscotland.org, Or: advice@carersuk.org

Website: www.carersuk.org/scotland

We provide expert telephone and online advice and support. We do benefits checks, and advise on financial and practical matters related to caring. Our listening service is there for you to talk through your caring situation and how it makes you feel. Our website can help you with easy to read information about any aspect of caring from carer's allowances, to finding practical help to make caring easier.

Carers Trust

Office 64, Spaces, Tay House, 300 Bath Street, Glasgow, G2 4JR

Tel: 0300 772 7701

Email: scotland@carers.org

Website: www.carers.org

We offer online support that enables carers to search for local support services from our UK-wide network of Network Partners.

Carewell UK

Website: www.carewelluk.org

Carewell UK is a website with lots of information and advice about a healthy lifestyle and caring for your health and the health of those you care for.

Coalition of Carers in Scotland

Coalition of Carers in Scotland, PO Box 21624, Stirling, FK7 1EF

Tel: 01786 850247

Email: coalition@carersnet.org

Website: www.carersnet.org

We bring carers and carers' organisations together with local and national decision makers by holding four meetings per year. Contact us if you would like to participate in any of our meetings.

Edinburgh Carer Support Team

The City of Edinburgh Council, Health and Social Care,
1.8 Waverley Court, 4 East Market Street, Edinburgh, EH8 8BG

Tel: 0131 536 3371

Website: Edinburgh.gov.uk/carersupport

We provide information, advice and support for unpaid carers on: your rights; a carer assessment and support plan; local carer services; breaks from caring; medical conditions and medication; and looking after yourself.

Edinburgh Young Carers Project

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

Tel: 0131 475 2322

Email: info@youngcarers.org.uk

Website: www.youngcarers.org.uk

We work with young carers aged 5 - 20 years old who care for someone else at home - usually a parent or sibling. We promote awareness of young carers, their rights and needs. We also provide a broad range of support including: individual support; carer groups; day and weekend trips away from home; a young carers' forum; and awareness raising activities.

ENABLE

Inspire House, 3 Renshaw Place, Euro central, North Larnakshire, ML1 4UF

Tel: 01698 737000

Helpline: 0300 0200 101

Email: enabledirect@enable.org.uk

Website: www.services.enable.org.uk

We support families who have a family member who has a learning disability or autism. We can help you to understand how a diagnosis shapes the support you can access; identify the support you may need; put you in contact with a social worker and arrange for a support eligibility assessment; and help you to understand your rights in terms of self-directed support. We can also help you to decide what support you want, and who you want to provide it.

In Your Corner

Cornerstone, Canalside, 26 Hailesland Place, Edinburgh, EH14 2SL

Tel: 0300 131 3333; Or 0782 505 0029

Email: enquiries@cornerstone.org.uk; Or:

Anna.Gray@cornerstone.org.uk

Website: www.cornerstone.org.uk

We provide practical advice, guidance and support to adult carers between the ages of 16 - 25. We listen respectfully and without judgement; and guarantee confidentiality. We offer one-to-one time with a project worker; support with applying for carer allowances and benefits; free training in manual handling, mental health awareness, and personal development; and short breaks to relax and meet other carers in similar situations.

Carer and Parent Support

MECOPP Carers Centre

Minority Ethnic Carers of Older People Project
Maritime House, 8 The Shore, Edinburgh, EH6 6QN

Tel: 0131 467 2994 Main line

Tel: 0131 467 2996 - Chinese language line

Tel: 0131 467 2997 - Asian language line

Email: info@mecopp.org.uk

Website: www.mecopp.org.uk

This service is available to: Black and Minority Ethnic carers who are of Indian, Pakistani, Bangladeshi, Chinese (Hong Kong and mainland China), Nepalese, African, African-Caribbean or Arabic ethnic origin, and who provide care for an adult aged 16 and older. We also support Gypsy/ Travellers. Our services include: 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; and access to health, social work services, housing, accommodation and welfare benefits.

North West Carers

The Prentice Centre, 1 Granton Mains Avenue, Edinburgh, EH4 4GA

Tel: 0131 315 3130

Email: resources@nwcarers.org.uk

Website: <https://nwcarers.org.uk>

We are a carer-led organisation in the North West of Edinburgh, serving: Inverleith, Forth, Western and Almond. Our services include: one-to-one support; home visits; support groups; dementia services; adult short-break services; information services; signposting you to other relevant agencies; inter-generational work; educational courses; and recreational groups, trips and outings.

Support in Mind Scotland

The Stafford Centre, 103 Broughton Street, Edinburgh, EH1 3RZ

Tel: 0131 557 0718

Email: staffordcentre@supportinmindscotland.org.uk

Website: www.staffordcentre.org.uk

Website: www.supportinmindscotland.org.uk

We offer support for carers and family members of people with mental health difficulties. Our services include: social contact; group activities; a snack bar; counselling; and volunteering and employment guidance.

Thistle Foundation

13 Queen's Walk, Edinburgh, EH16 4EA

Tel: 0131 661 3366

Email: reception@thistle.org.uk

Website: www.thistle.org.uk

We support people with long-term health conditions. Our support includes: lifestyle management; mindfulness, gym and exercise classes; support for veterans; and getting support to live independently.

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB

Tel: 0131 622 6666

Email: centre@vocal.org.uk

Website: www.vocal.org.uk

We support and empower unpaid carers through individual support, information, training and access to services. Our Carer Support Team provides up to date information on benefits, carer employment rights, housing, education, entitlements and discounts, by telephone or by appointment. We also run free monthly Money Matter sessions for carers on benefits on issues like: paying for long term care, and general benefits and support. Our dedicated Money Matters Worker can provide you with a benefits check and then support you to complete applications. You will need to book an appointment for these sessions.

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX

Tel: 0131 663 6869

Email: midlothian@vocal.org.uk

Website: www.midlothiancarers.co.uk

We can provide information, individual support, training, group work and counselling for carers; support with your needs, hopes, goals for the future, and next steps; complete an Adult Carer Support Plan and Emergency Plan for you; monthly coffee mornings, a training programme and counselling service; and our Wee Breaks service provides support to carers in planning and accessing short breaks from caring.

Communication Aids

Autism-specific For parents, carers & autistic adults

National Autistic Society (NAS)

Central Chambers, 1st Floor, 109 Hope Street,
Glasgow, G2 6LL

Tel: 0141 221 8090

Email: scotland@nas.org.uk

Website: www.autism.org.uk

We have a number of resources on our website to: help autistic people and their families understand the social communication challenges faced by autistic people; and to provide guidelines for how to develop social skills.

General For parents, carers & autistic adults

Deaf Action

49 Albany St, Edinburgh, EH1 3QY

Tel: 0131 556 3128

SMS: 07775 620757

Text phone: 0131 557 0419

Email: admin@deafaction.org; Or:

Email: specialistequipment@deafaction.org

Website: www.deafaction.org

Our Communication & Interpreting Agency focuses on delivering a high quality service which supports communication between deaf and hearing people all over Scotland. Communication Support is a very diverse term and includes many different forms of communication. If you are unsure what type of communication you need, we'll be happy to offer advice and assistance to ensure you get the right kind of service for your needs.

KEYCOMM Lothian Communication Technology Service

1C Pennywell Road, Edinburgh, EH4 4PH

Tel: 0131 311 7130

Email: Go to the website and use the contact function

Website: www.keycomm.wordpress.com

We provide communication technology information, advice and support for people who have communication impairments. Our services include: an assessment of your communication technology needs; loan equipment; training in the use of the technology for you, your carer, and professionals working with you; and support to develop individual communication technology solutions that work for you and those who support you.

Makaton

The Makaton Charity, Westmead House, Farnborough,
Hampshire, GU14 7LP

Tel: 01276 606 760

Email: info@makaton.org

Website: www.makaton.org

Makaton is a language programme that uses signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order. We aim to ensure that everyone living with learning or communication difficulties has the tools and resources they need to communicate. We work towards this through: providing training to families, carers, and professionals; developing and producing resources; working with others to make their information accessible; providing advice and support for families and professionals; and working in partnership to influence society and empower people.

Pyramid Educational Consultants

Ground Floor, Lion Building, Crowhurst Road, Brighton,
BN1 8AF

Tel: 01273 609 555

Website: pyramiduk@pecs.com

Website: www.pecs-unitedkingdom.com

We provide picture Exchange Communication System (PECS) training in Glasgow, and online. PECS is a communication system developed to help individuals quickly acquire a functional means of communication. It is appropriate for individuals who do not use speech or who may speak with limited effectiveness, those who have articulation or motor planning difficulties, limited communicative partners, or lack of initiative in communication. We provide 1-day training courses for parents (£185.00) and teachers (£330.00) in how to implement the programme. We also run a 5-day training course for parents, carers and teachers of autistic people. This programme addresses each of the stages of communication.

Signalong (not to be confused with singalong!)

1 Old Winert Business Park, Cawston, Norwich, NR10 4FE

Tel: 0330 120 0770

Email: admin@signalong.org.uk

Website: www.signalong.org.uk

We provide resources and training throughout the United Kingdom to empower children and adults with impaired communication to understand and express their needs, choices and desires. Our programme and resources incorporate speech, sign language, body language, facial expressions and voice tone to link signs and words. We provide training and support to parents, carers and tutors through half-day and full-day workshops, and you can buy our resources from our online shop.

Communication Aids

Stickman Communications

Tel: 0771 745 4648

Email: admin@stickmancommunications.co.uk

Website: www.StickmanCommunications.co.uk

We offer communication cards for people with disabilities. Our keyring cards explain autism and a number of the situations or experiences autistic people can experience. The cards can be used to show to other people so that they can understand what the autistic person may be experiencing, but can't explain.

Talking Mats

2 Beta Centre, Stirling University Innovation Park, Stirling, FK9 4NK

Tel: 01786 479511

Email: info@talkingmats.com

Website: www.talkingmats.com

We aim to improve the lives of people with communication difficulties, and those close to them, by increasing their capacity to communicate effectively about things that matter to them. Our Talking Mats communication symbols tool specially designed picture communication symbols that are attractive to all ages and communication abilities and can be used by clinical practitioners, parents, carers and support workers in a wide range of health, social work, home and education settings.

Complementary Therapies

General

For parents, carers & autistic adults

Aromatherapy

Essential oils are used for the treatment or prevention of disease, but the therapy treats the whole person and not just the symptom. It assists the body's natural ability to balance, regulate, heal and maintain itself.

Scents of Wellbeing

1 Boswell Avenue, Edinburgh, EH5 2EA

Tel: 07811 073 202

Email: anne@scents-of-wellbeing.co.uk

Website: www.scents-of-wellbeing.co.uk

We provide a range of therapies including: aromatherapy, reflexology, reiki and massage to promote emotional and physical healing and wellbeing.

Shannon Watson Therapies

The Treatment Room, 52 Learmonth Grove, Edinburgh, EH4 1BN

Tel: 0781 048 6953 / 0131 332 7707

Email: mail@swmassage.com

Website: www.swmassage.com

I provide massage therapy, hot stones massage, pregnancy massage and reflexology.

Craniosacral Therapy

The therapist works with the spine and all the different parts of the skull, tuning into the craniosacral rhythm and easing the restrictions of the nerve passages, optimizing the movement of cerebrospinal fluid and realigning bones.

a-zingtherapies

71 Montgomery Street, Edinburgh, EH7 5HZ

Tel: 0131 556 8878 or 07494371527

Email: info@a-zingtherapies.co.uk

Website: www.a-zingtherapies.co.uk

I provide a very holistic, gentle way of working which supports and encourages the body of the person I am working with to release, relax and let go of tensions it is holding. I also offer: Reflexology, Reiki, EFT and EmoTrance, and Hopi Ear Candling.

Tomasino Therapies

Craigleith Rise, Ravelston, Edinburgh, EH4 3TR

Tel: 07940 474 146

Email: Go to the website and use the contact function.

Website: [www.feeindex.co.uk/profile\(deanne-tomasino-complementary-therapies\)](http://www.feeindex.co.uk/profile(deanne-tomasino-complementary-therapies))

I offer craniosacral therapy to relieve pain, Indian head massage, remedial and relaxation massage.

General Therapy

Community Foundation for Planetary Healing (CFPH)

288 Portobello High Street, Edinburgh, EH15 2AS

Tel: 07798 568 218; or: 0131 657 5680

Email: holistic@planetary-healing.org

Website: www.planetary-healing.org

We provide therapies and support for unpaid carers and people on a low income or benefits, who are dealing with health and wellbeing issues. You can refer yourself or be referred by a health professional or other agency. A donation is requested according to what you can afford.

Feel Good Therapies

The Courtyard, 35 Balgreen Avenue, Edinburgh, EH12 5SX

Tel: 0131 337 1890

Email: info@ilovefgt.com

Website: www.ilovefgt.com

We have a database of therapists to help you find one who meets your needs, in your area.

Feet First

1A Bloomfield Place, Bathgate, West Lothian, EH48 1PB

Tel: 01506 650 999/0783 779 3232

Email: rococofusion@gmail.com

Website: www.rococo-holistics.uk

I offer: reflexology, maternity reflexology, aromatherapy, sports massage, myofascial massage, reiki, kinetic chain release, craniosacral therapy, CBD and vitamin supplements.

Health All Round

24 Westfield Avenue, Edinburgh, EH11 2QH

Tel: 0131 337 1376

Email: info@healthallround.org.uk

Website: www.healthallround.org.uk

We offer massage, reflexology, anxiety management, outdoor activities, life coaching, counselling and other therapies.

Complementary Therapies

Meditation

This refers to any of a number of practices which involve training the mind or self-inducing a mode of consciousness in order to receive some benefit.

Amethyst Living - Guided Healing Meditation

Jane Hill, Sir Arthur Conan Doyle Centre, 25 Palmerston Place, Edinburgh, EH12 5AP

Tel: 01875 835233

Email: amethystliving@gmail.com

Website: www.amethystliving.co.uk

I offer meditative journeys to an inner world where you can encounter healing for your wounded spirit and find divine love, joy, compassion and wisdom. In this way you can find an oasis of calm in your busy day and connect with your true, compassionate self.

Music Therapy

Nordoff Robbins - Music Therapy

4 Logie Mill, Edinburgh, EH7 4HG

Tel: 0131 629 6363

Email: musicservicesadmin@nordoff-robbins.org.uk

Website: www.nordoff-robbins.org.uk/scotland

We offer free music therapy that brings people to life and helps to heal them. We run free individual music therapy sessions and social music therapy groups for adults with additional needs/learning disabilities, mothers and young children, older people and adults who want support with mental health, physical and medical needs. All sessions may include improvised music making, singing or playing instruments, and all offer a social music-making experience. No previous musical experience is needed. We also offer specialist music lessons for those who feel they will benefit from becoming musicians themselves.

Riding Therapy

DRUM Riding for the Disabled

155 Drum Street, Drum Estate, Gilmerton, Edinburgh, EH17 8RX

Tel: 0131 664 5803

Email: drumrda@hotmail.co.uk

Website: www.drumrda.org.uk

We provide therapeutic riding lessons for people with disabilities. Our riding lessons develop confidence and social skills, and improve balance and coordination. Riders can work towards the Endeavour Award, Riding Certificates and Horse Certificates. Some of our riders are supported through our regional dressage competitions. Contact us for more information on horse riding lessons and events for individuals with additional needs.

Muirfield Riding Therapy

The Indoor Arena, West Fenton, North Berwick, EH39 5AL

Tel: 01620 842 502

Email: admin@muirfieldridingtherapy.org.uk

Website: www.muirfieldridingtherapy.org.uk

We offer a place where people of all abilities can fulfil their potential. We believe that working with horses can bring about improvements in the lives of us all. We provide therapy-led sessions - working together with physiotherapists, occupational therapists, education professionals and our specially trained volunteers and ponies - we are able to offer riders the best therapeutic benefit. We also conduct biomechanics assessments and top of the range postural analysis to improve muscle tone, strength and symmetry. In addition our activities provide opportunities for social connections, and the development of: confidence, concentration, core stability, balance and improved posture.

Counselling

GENERAL

For parents, carers & autistic adults

Action on Depression

We provide support and raise awareness of depression and treatment options, and help to reduce the stigma that surrounds it. We offer email and phone information services, self-help support groups and also run "Living Life to the Full" courses. Contact us at any of the following addresses:

7 - 15 Rose Street, Edinburgh, EH2 2PR

Information line: 0808 802 2020 (Wednesdays 2 - 4pm)

Office: 0131 243 2786

Email: info@actionondepression.org

Website: www.actionondepression.org

Or

East Lothian: Changes Community Health Project, 108 Market Street, Musselburgh, EH21 6QA

Tel: 0131 653 3977

Email: info@changeschp.org.uk

Website: www.changeschp.org.uk

Or

Edinburgh: Health In Mind, 40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: contactus@health-in-mind.org.uk

Website: www.health-in-mind.org.uk; Or

www.edspace.org.uk

Or

Midlothian: Health In Mind, 40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

www.health-in-mind.org.uk; Or www.midspace.co.uk

Or

West Lothian: Health and Social Care Partnership, West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF

Tel: 01506 280000

Email: customer.service@westlothian.gov.uk

Website: www.westlothianchcp.org.uk

Bright Light Relationship Counselling

9A Dundas St, Edinburgh EH3 6QG

0131 556 1527

askus@bright-light.org.uk

www.bright-light.org.uk

We offer a welcoming, safe, and confidential space to express your thoughts and feelings about what is happening in your life. Our services include: relationship counselling; sexual and relationship therapy; family therapy; and restorative couple counselling where abuse may need to be addressed. An initial session will cost £29 and follow-up sessions will cost £70, but we can offer a sliding scale of contributions based on your income. Speak to us in confidence and we will agree on an affordable amount for you.

Counselling Directory

Customer Services: 08448030240

Website: www.counselling-directory.org.uk

This is a UK-wide online directory of private, registered, professional therapists to enable you to find a counsellor close to you. The professionals in this directory all charge a fee.

Couple Counselling Lothian

9a Dundas Street, Edinburgh, EH3 6QG

Tel: 0131 556 1527

Email: info@ccllothian.org.uk

Website: www.list.co.uk/place/55306-couple-counselling-lothian-edinburgh/

We provide restorative counselling for people between 16 and 64, whether you are married, living together, in a less formal relationship, divorced or separated. Our counselling addresses any and all challenges that couples can face. Payment is based on what you can afford.

Edinburgh Institute of Counselling and Psychotherapy

Scott House, 10 South Saint Andrew Street, Edinburgh, EH2 2AZ

Tel: 0131 667 5251

Email: enquiries@eicp.org

Website: www.eicp.org.uk

We offer professional and confidential counselling, psychotherapy and cognitive behavioural therapy (CBT) for individuals, couples and groups experiencing mental health difficulties. A session for an individual costs £50 and a session for couples costs £65.

Health All Round

24 Westfield Avenue, Edinburgh, EH11 2QH

Tel: 0131 337 1376

Email: info@healthallround.org.uk

Website: www.healthallround.org.uk

We offer a short-term counselling service to people in Gorgie, Dalry, Saughton, Stenhouse and the wide surrounding area. Our staff have worked with individuals on the autism spectrum, but they do not have specific training. Our services are free for unwaged people, otherwise £10 per session.

Health In Mind

40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: contactus@health-in-mind.org.uk

Website: www.health-in-mind.org.uk

We promote positive mental health and wellbeing through: befriending; guided self-help; counselling; anxiety, depression and low mood support groups; alcohol and drug recovery support; women's and men's groups; support for minority ethnic communities; trauma support; counselling and information websites.

Counselling

Hope Park Counselling Service

School of Health in Social Science, University of Edinburgh,
8 Hope Park Square, Meadow Lane, Edinburgh, EH8 9NW
Tel: 0131 650 6696

Email: counselling@hopepark.org.uk

Website: www.hopepark.org.uk

We offer a low-cost counselling service to individuals over the age of 16 living in Edinburgh who are not staff or students at the university. Our staff are counsellors in training who are studying at the University of Edinburgh on the postgraduate Counselling and Psychotherapy Masters programme. Our counsellors work in English although we are sometimes able to offer counselling in other languages. Our services can address your: anxiety, depression, loss, work issues, abuse, relationship difficulties. We ask for a donation for each counselling session, of between £2 - £30. Ability to pay does not affect your access to counselling.

Orchard Centre Services

1 Douglas Crescent, Bonnyrigg, Midlothian, EH19 2DF
Tel: 0131 663 1616

Email: reception@orchardcentreservices.org.uk

Website: www.midspace.co.uk/service/orchard-centre-services

We provide or can direct you to a broad range of counselling and therapy services.

Penumbra

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Tel: 0131 475 2380

Email: enquiries@penumbra.org.uk

Website: www.penumbra.org.uk

Or

Edinburgh Crisis Centre

Helpline: 0808 81 0414 (24-hour free calls)

Text: 0797 442 9075

Email: crisis@edinburghcrisiscentre.org.uk

Website: www.edinburghcrisiscentre.org.uk

We are a mental health organisation who can provide counselling services to adults and young people. Through the Edinburgh Crisis Centre, we also provide 24-hour helpline, text, email and online support services for people over 16 who have mental health needs, and for their carers.

Sleep Scotland & TeensPlus

18G Liberton Brae, Edinburgh, EH16 6FE

Tel: 0131 468 4239

Email: enquiries@sleepscotland.org

Website: www.sleepscotland.org

Or

Inch Community Centre, 225 Gilmerton Road, Ravenscroft, Edinburgh, EH16 5UF

Tel: 0131 672 2555

Helpline: 0800 138 6565 (10.00am— 4.00pm)

Email: enquiries@teenplus.org.uk; Or

sleepsupport@sleepscotland.org

Website: www.teensplus.org.uk

Although we focus young people, we can provide information that applies equally to autistic adults who have problems with sleeping. We offer sleep counselling for parents, carers and professionals; an programme that raises teenagers' awareness of the importance of sleep for their health and wellbeing, and helps them implement positive sleep habits in their routines; and an information and help line for parents, carers and other family members.

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB

Tel: 0131 622 6666

Email: centre@vocal.org.uk

Website: www.vocal.org.uk

Or

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX

Tel: 0131 663 6869

Email: midlothian@vocal.org.uk

Website: www.midlothiancarers.co.uk

For counselling services in both offices, call: 0131 466 8082

Email: counselling@vocal.org.uk

Our counsellors support carers of people with disabilities and long-term mental or physical health issues. Our counselling services can help you to: explore your feelings and thoughts about your situation; look at how to deal with your feelings; explore your feelings about your relationship with the person you care for and others; explore how you might deal with things differently in the future. Our counsellors have a particular understanding of carers' needs and the difficulties they can experience. For carers living in Edinburgh or Midlothian, financial contributions are agreed at a level to suit your individual circumstances. Carers who live in any other local authority area will be able to access counselling at a cost of £20 per session.

Counselling

Your Call

Lothian Centre for Inclusive Living, Norton Park Centre,
57 Albion Road, Edinburgh, EH7 5QY

Appointment line: 0808 801 0362

Phone 11.00am until 3.00pm Mondays to Thursdays.

Email: counselling@lothiancil.org.uk

Website: www.lothiancil.org.uk/whatwedo/yourcall/index.php

“Your Call” is a free, national telephone counselling service available to disabled people who are 18 years of age or older. We will also work with immediate family members who are resident with a disabled person. Our counsellors are all disabled people themselves, providing them with an understanding of what it means to live as a disabled person. We will not judge, nor tell you how to live your life. We will help you to explore a your own situation and find your own way forward. Our counselling can help if you: are trying to come to terms with painful events from your past; need support through a current crisis or change in lifestyle; are struggling to manage difficult feelings such as depression or anxiety; or if you are seeking direction and meaning in your life.

Education

Autism-specific

For parents, carers & autistic adults

Autism After 16

Website: www.autismafter16.com

This website is a guide for autistic teenagers and young people who are wondering what opportunities and services there will be when they leave school. It is also useful for parents, carers and professionals. It offers information on transitions, education, employment, housing, finances, community involvement, arts and much more.

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Website: www.number6.org.uk

We offer assistance for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. Our support includes problem solving support in the area of education.

General

For parents, carers & autistic adults

Access to Industry

156 Cowgate, Edinburgh, EH1 1RP

Tel: 0131 260 9721

Email: mail@accesstoindustry.co.uk

Website: www.accesstoindustry.co.uk

We work with people who are aged 16 and over, who are unemployed and not engaged in formal education. We offer a range of training courses that will help you to get into work including: access courses to beauty and photography; skills courses in: art, creative writing, computers, reading, writing, basic number skills and using IT; employability and progression skills; a Health, Safety and Environment Training Certificate; a basic First Aid course; a Royal Environmental Health Institute of Scotland qualification in food hygiene; a driving theory class that will help you pass the Driving Theory test first time; a Living Life To The Full course; and a Community Gardening course.

Bethany Christian Trust

Community Education Programme, 65 Bonnington Road, Edinburgh, EH6 5JQ

Tel: 0131 454 3119

Email: paulstevenson@bethanychristiantrust.com

Website: www.bethanychristiantrust.com

We offer a programme of drop-in sessions and learning groups which help homeless and vulnerable people to learn and to become more confident. The drop-ins offer a safe and welcoming atmosphere where people can get to know others and can learn at their own pace. The programme includes: community engagement; family support; learning; training and development; befriending and mentoring.

Borders College

Scottish Borders Campus, Nether Road, Galashiels, TD1 3HE

Tel: 08700 50 51 52

Email: enquiries@borderscollege.ac.uk

Website: www.borderscollege.ac.uk

Or

Business Gateway, Tower Mill, Unit 205, Kirkstile, Hawick, TD9 0AE

Tel: 01835 818315

Website: www.Bgateway.com/scottishborders

We offer 972 full-time and part-time courses; apprenticeships; community and evening courses; and business training courses. We also offer a free Business Gateway training and support service to help you to start up your own business.

Education

City of Edinburgh Council

Website: www.joininedinburgh.org; or:
www.edinburgh.gov.uk/allonlineservices/adult-education; or
www.adult.education@edinburgh.gov.uk

Go to any of these websites to find a broad range of adult education programmes, courses and activities that run all year round in libraries, community centres and adult education centres in Edinburgh and the Lothians.

Donaldson's School

Preston Road, Linlithgow, West Lothian, EH49 6HZ
Tel: 01506 841 900

Email: info@donaldsons.org.uk

Website: www.donaldsons.org.uk

We offer a school for people under the age of 25 who have communication difficulties. We also offer the Junxion Programme for young adults between 14 and 25 with neuro-diversities including autism. The programme empowers you to identify your goals and ambitions by focussing on your strengths, wellbeing and needs; and engages you in community involvement, further education and/or volunteering and employment opportunities.

Edinburgh College

46 Dalhousie Road, Dalkeith, EH22 3FR

Or

24 Milton Road East, Edinburgh, EH15 2PP

Or

Sighthill, Bankhead Avenue, Edinburgh, EH11 4DE

Or

350 West Granton Road, Edinburgh, EH5 1QE

Tel: 0131 669 4400; or 0131 297 8300 (course information)

Email: info@edinburghcollege.ac.uk; Or:

learning.support@edinburghcollege.ac.uk; Or:

courseinfo@edinburghcollege.ac.uk; Or:

cams@edinburghcollege.ac.uk (course applications); Or:

studentfunding@edinburghcollege.ac.uk

Website: www.edinburghcollege.ac.uk

We have a wide range of career related programmes to help you progress into work or university. Contact Student Support for information on the support we offer to autistic students.

Heriot-Watt University Disability Service

Student Support and Accommodation Reception,
Hugh Nisbet Building, Heriot-Watt University, Edinburgh
Campus, EH14 4AS

Tel: 0131 451 3386

Email: disability@hw.ac.uk

Website: www.hw.ac.uk › Students › Health and wellbeing ›
Edinburgh Campus

We offer practical support and advice for students studying at the university. We also provide information about additional funding that may be available for students with disabilities.

Lifelong Learning and Employability

8 Lothian Road, Dalkeith, Midlothian, EH22 3AA

Tel: 0131 271 3713

Email: LLE@midlothian.gov.uk

Visit: <https://www.facebook.com/LLEMidlothian/>

We help young people, adults and families improve their life chances, through the development of skills for learning, life and work. We can provide a broad range of opportunities including: youth work, adult learning, family learning, vocational training, employment support and work experience.

Lead Scotland

Room B05, Edinburgh Napier University, Merchiston Campus,
14 Colinton Road, Edinburgh, EH10 5DT

Tel: 0131 228 9441

Textphone users: (18001) 0131 228 9441

Email: enquiries@lead.org.uk

Website: www.lead.org.uk

We are a voluntary organisation set up to widen access to learning for disabled young people, adults and carers across Scotland. We provide support aimed at helping people to overcome challenges that prevent them from learning and making progress in their lives. This includes: guidance and support for learning; the free loan of a computer to learn; funding to learn; and more.

Malani: Midlothian Adult Literacy & Numeracy Initiative

3 Eskdaill St, Dalkeith, EH22 1LB

Tel: 0131 270 8900

Website: www.midlothian.gov.uk

We provide Adult Literacy and Numeracy classes that will help you to become more employable.

Napier University Disability and Inclusion

Sighthill Campus, Sighthill Court, Edinburgh, EH11 4BN

Tel: 0131 455 2929

Email: disabilityandinclusion@napier.ac.uk

Website: www.napier.ac.uk

We support students studying at the university with a wide range of temporary or long-term disabilities and additional needs. We can also liaise with others on behalf of students and refer them to more sources of support for their own needs. These can include academic support advisers, counsellors, funding advisers, Napier Students' Association, personal development tutors, school disability contacts and student mentors.

Education

Newbattle Abbey College

Newbattle Road, Dalkeith, EH22 3LL

Tel: 0131 663 1921

Email: office@newbattleabbeycollege.ac.uk

Website: www.newbattleabbeycollege.ac.uk

We offer three pathways to education for people who have little or no previous higher education: an Arts and Humanities Award which can guarantee access to university or a new career. Our other two programmes provide a qualification that can progress to other education or employment. They are: the Adult Achievement Award which is based on learning that has taken place in the community, at work, in the home, in college, or in volunteer programmes; and the Forest Outdoor Learning Award which enables people to gain practical knowledge and experience of the outdoors.

Open University

Jennie-Lee House, 10 Drumsheugh Gardens, Edinburgh, EH3 7QJ

Tel: 0131 226 3851

Website: www.open.ac.uk/Scotland/

We provide online opportunities for people who prefer to study from home. We offer a broad range of formal courses that lead to qualifications, as well as a large range of free online courses. We offer a part-time study grant so that you can study for free; and we have an online Help Centre where you can get support and advice, or arrange study adjustments.

Pishwanton

The Life Science Trust, Quince Cottage, 4 Baxersyke, Gifford, East Lothian, EH41 4PL

Tel: 01620 810 259

Website: www.pishwanton.org

We are an environmental educational classroom with a difference, on 60 acres of land in the Lammermuir Hills. We have a small farm, gardens and simple buildings integrated with woodland and wetland and offer a multitude of practical activities for people of all ages and abilities. These include: volunteering to do day-to-day farming, gardening and building projects; classes and workshops on arts, crafts, gardening, tree planting and more. Accommodation can be provided for volunteers, and camping facilities are available for visitors.

Queen Margaret University Disability Support

Queen Margaret University, Edinburgh, EH21 6UU

Tel: 0131 474 0000

Email: student.services@qmu.ac.uk

Website: www.qmu.ac.uk

We offer a team of Disability Advisers who are dedicated to the provision of information, support and guidance for disabled students studying at the university.

Sleep Scotland & TeensPlus

18G Liberton Brae, Edinburgh, EH16 6FE

Tel: 0131 468 4239

Email: enquiries@sleepscotland.org

Website: www.sleepscotland.org

Or

Inch Community Centre, 225 Gilmerton Road, Ravenscroft, Edinburgh, EH16 5UF

Tel: 0131 672 2555

Helpline: 0800 138 6565 (10.00am— 4.00pm)

Email: enquiries@teenplus.org.uk; Or

sleepsupport@sleepscotland.org

Website: www.teensplus.org.uk

We offer an education programme that raises teenagers' awareness of the importance of sleep for their health and wellbeing; and a 4-year education programme, supporting young people with complex support needs to make the transition from school to adult life.

Student Awards Agency for Scotland (SAAS)

Saughton House, Broomhouse Drive, Edinburgh, EH11 3UT

Tel: 0300 555 0505 for general enquiries including disabled students, 8.30-5pm, Monday to Friday.

Tel: 0300 300 3137 for a grant to study part-time, or go online to submit an enquiry.

Website: www.saas.gov.uk

We deal with support for Scottish students on courses of higher education. You may be eligible for the Disabled Students' Allowance (DSA) for certain extra expenses that arise because you are on a course. You can only apply for this once you are accepted onto a course.

University of Edinburgh Disability Service

Third Floor, The Main Library Building, George Square, Edinburgh, EH8 9LJ

Tel: 0131 650 6828

Email: disability.services@ed.ac.uk

Website: www.ed.ac.uk/schools-departments/student-disability-service

We offer a comprehensive support programme to students studying at the university. To access your support, make an appointment by phone, email or online.

Employment & Volunteering

Autism-specific For autistic adults

IWork4Me

Autism Initiatives , 11 Granton Square, Edinburgh, EH5 1HX

Tel: 07702812987

Email: sue@iwork4me.org.uk

Website: www.iwork4me.org.uk

We provide specialised support for young autistic people who want to become self-employed.

National Autistic Society, West Lothian Employment Support

Bathgate Partnership Centre, 21-55 South Bridge St, Bathgate EH48 1TL: Wednesdays, 1pm - 4pm

Strathbrock Partnership Centre, Broxburn, 189A W Main St, Broxburn EH52 5LH: Tuesdays: 1pm - 4pm.

Tel: 07435786016 - Brian Glendinning

Tel: 07483032111 - Ross Fraser

Email NASplus@nas.org.uk

We support autistic people 16 years of age and older, who would not typically meet criteria for statutory support but would benefit in finding employment, and from a little bit of input to help them to make their own decisions about their next steps. Our support includes: developing independent travel skills; social skills training; autism awareness sessions to help you to better understand your diagnosis of autism and explore what it means for you and your family; and social groups to provide opportunities to meet people and to practise the skills you have learned in your social skills training sessions.

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Website: www.number6.org.uk

We offer assistance with employment issues for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. Our support includes finding and maintaining employment; and may include support for the application and interview process, as well as discussing difficulties that arise in the workplace.

General For parents, carers & autistic adults

Access to Work

Tel: 0345 2688489; 0800 121 7497; 0800 127 7579

Website: www.gov.uk/access-to-work/overview

You can also contact the Lothian Centre for Inclusive Living:

Tel: 0131 475 2370 (Monday-Thursday 10am-4pm)

Email: grapevine@lothiancil.org.uk

Website: www.lothiancil.org.uk

We help people with a disability, health or mental health condition who have a job, or are returning to work, to: get an access to work grant; start working; stay in work; or move into self-employment, or start a business. Our practical support includes: special equipment; fares to work if you can't use public transport; a support worker or job coach to help you in your workplace; and disability awareness training for your colleagues.

Barnardo's Works Edinburgh

Edinburgh Palette, 525 Ferry Road, Edinburgh, EH5 2FF

Tel: 07879893072

Email: Go to the website and use the contact page.

Website: www.barnardos.org.uk/barnardo-s-works-edinburgh

We support young adults to: move in to sustainable independent employment; access work placements, volunteering and accredited training; develop functional work skills. We also provide: advice and advocacy on the skills needed to support sustained employment; help to increase confidence, resilience and self esteem through employment, work experience, volunteering, educational opportunities and qualifications.

Deaf Action

49 Albany St, Edinburgh, EH1 3QY

Phone: 01382 221 124

Text Phone: 01382 227 052

SMS : 07795 338 231

Email: admin@deafaction.org

Email: employability@deafaction.org

Website: www.deafaction.org

We support unemployed deaf, deafblind, deafened and hard of hearing adults over 18 years old with enhancing their chances of successfully getting a job. As a service we offer one to one support, while helping to arrange work placements, voluntary work and employer engagement. Our employability service also delivers a range of workshops including: interview skills, building confidence, access to work, working with BSL interpreters, hearing awareness, and keeping healthy.

Employment & Volunteering

Edinburgh Social Enterprise (ESEN)

The Charteris Centre, 138 -140 Pleasance, Edinburgh EH8 9RR
Tel: 0131 241 1928

Email: info@edinburghsocialenterprise.co.uk

Website: www.edinburghsocialenterprise.co.uk

We tackle a broad range of issues in our community, including empowering people with disabilities to set up and run their own self-sufficient trading business. We provide training, one-to-one support in the early stages of setting up a small trading business, peer support, and help to develop trading opportunities.

ENABLE

Inspire House, 3 Renshaw Place, Eurocentral, North Lanarkshire, ML1 4UF

Tel: 0300 0200 101

Email: enabledirect@enable.org.uk

Website: www.services.enable.org.uk

We help autistic people to look for suitable job vacancies, complete application forms, practise interview skills, attend interviews and find the right employer.

FAIR (Family Advice and Information Resource)

95 Causewayside, Edinburgh, EH9 1QG

Tel: 0131 662 1962

Office hours are: 09.00—17.00, Monday—Friday. You are welcome to drop in, but make an appointment to avoid waiting for a long time.

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We support people with learning difficulties or autism to enter employment and training.

Ingeus

93 George Street, Edinburgh, EH2 3ES

Tel: 0131 301 5600

Or

Harbour Point, Newhailes Road, Musselburgh, EH21 6QD

Tel: 0131 301 1400

Email: info@ingeus.co.uk

Website: www.ingeus.co.uk

We are a company founded on helping people to realise their potential. We work in partnership with the Jobcentre Plus, the Department for Work and Pensions, and private, public and voluntary organisations to help people on benefits to find work.

Intowork

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

Tel: 0131 475 2600

Or

East Lothian Works, 9-11 Lodge Street, Haddington, East Lothian, EH41 3DX

Tel: 01620 827262

Email: elworks@eastlothian.gov.uk

Or

1 Eskdail Court, Dalkeith, Midlothian, EH22 1AG

Tel: 0131 475 2600

Email: enquiries@intowork.org.uk

Website: www.intowork.org.uk

We are a specialised employment and support service. We help people with disabilities and long-term health conditions to access suitable training opportunities and to find, build and maintain great jobs.

Job Centre Plus

Edinburgh:

199 Commercial Street, EH6 6QP

Tel: 0845 604 3719

Or

20 High Riggs, EH3 9HU

Tel: 0843 487 1844

Or

Murrayburn House, Westside Plaza, Wester Hailes Road, EH14 2SP

Tel: 0345 604 3719

Or

11-13 South St Andrew Street, EH2 2AU

Tel: 0845 604 3719

Or

Musselburgh:

North House, Eskmills Park, EH21 7DU

Tel: 0345 604 3719

Website: www.gov.uk/contact_jobcentre_plus

Job Centre Plus is a government-funded employment agency and social security office. We help people who are unemployed and claiming benefits to find employment. Contact our nearest office to you for appointments and information.

Employment & Volunteering

Midlothian Community Access Team (CAT)

This is a referral service. To find out how we can help, phone: Gary Copland, Manager: 07703 972 102, Or: Neil Stewart, Depute Manager: 07768 688 889

Website: www.midlothian.gov.uk

We support adults with learning disabilities by running programmes which build upon the individual aspirations of the participants. These include: arts and crafts, cooking for healthy eating and running a café, gardening, participating in the local community, literacy training, exercise and sports activities, tea dances and lunch clubs. We work in partnership with Borders College on Skills Accreditation training to maximise the independence of each person, and help them with job skills and work placements. We operate out of the following 6 Hubs in Midlothian: Penicuik Hub, Vogrie Hub, McSense Hub, Bonnyrigg Hub, Kings Park Hub, and Mayfield Hub.

My World of Work Skills Development Centres

79 Shandwick Place, Edinburgh, EH2 4SD

Tel: 0131 718 2040

Office hours: Monday, Tuesday, Thursday, Friday: 9:00-17:00; Wednesday: 10:00-17:00

Or

Alan Ferguson House, Station Road, Musselburgh, EH21 7PQ

Tel: 0131 665 3120

Office hours: Monday - Thursday: 9:00-17:00; Friday: 10:00-17:00

Or

29 Eskbank Road, Dalkeith, EH22 1HJ

Tel: 0131 663 7287

Office hours: Monday - Thursday: 9:00-17:00; Friday: 10:30-17:00

Or

The Library, The Penicuik Centre, Carlops Road, Penicuik, EH26 9EP

Tel: 01968 664050

Office hours: Thursday: 9:00-16:00

Websites: www.myworldofwork.co.uk

www.skillsdevelopmentscotland.co.uk

Our website helps parents/carers to help their young adult family members to explore career options that will suit them, so that you can help them to make the right decisions and help them to get the help they need from our website. Our website will help you to identify your strengths, skills and interests and the training you need; find the financial support you need to pay for your studies; and help you to find and apply for jobs. To benefit from our support, contact a skills Development Centre near you to apply for an account, or go to our website and apply online.

Real Jobs

Action Group, Norton Park Centre, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2315

Email: info@actiongroup.org.uk

Website: www.actiongroup.org.uk

We are an employment support service. We support people with additional learning and support needs, including those with autism spectrum conditions, to find employment.

Voluntary Sector Gateway West Lothian

Suite 1, Bathgate Business Centre, 6 Whitburn Road, Bathgate, EH48 1HH

Tel: 01506 650 111

Email: vsg@vsgwl.org

Website: www.voluntarysectorygateway.org

We provide a personal, tailored service to people interested in volunteering. We can give you access to a comprehensive range of volunteering opportunities in West Lothian.

Volunteer Edinburgh

222 Leith Walk, Edinburgh, EH6 5EQ

Tel: 0131 225 0630

Office hours for appointments: Monday – Thursday 9.30am – 5.00pm and Friday 9.00am – 4.00pm. Drop in: Thursday 2.00 – 4.00pm. You can bring a friend or support worker along with you.

Website: www.volunteeredinburgh.org.uk

We have a Health and Wellbeing team who can support people with disabilities or lacking confidence to find the right volunteer placement.

Volunteer Midlothian

32/6 Hardengreen Industrial Estate, Dalkeith, EH22 3NX

Tel: 0131 660 1216

Email: info@volunteermidlothian.org.uk

Website: www.volunteermidlothian.org.uk

We have a range of volunteer opportunities available to people living in Midlothian. Contact us to make an appointment.

West Lothian Employment Support Service

Ability Centre, Carmondean Centre Road, Carmondean, Livingston, EH54 8PT

Tel: 01506 775 894

Website: www.westlothianchcp.org.uk/article/325/Ability-Centre-Support-Service

We offer work experience and work experience courses within our Ability Centre. We also support people to identify other work experience or real employment options.

Health

General

For parents, carers & autistic adults

Dental Health

Chalmers Dental Centre

3 Chalmers Street, Edinburgh, EH3 9EW

Tel: 0131 536 4800

We offer a day time walk-in service for adults over 16 who are not registered with a dentist.

Craigroyston Dental Clinic

1D Pennywell Gardens, Edinburgh, EH4 4PH

Tel: 0131 332 7930

This is a referrals only service. You will need a referral from your dentist or your GP. We are very caring and understanding about patients who are very anxious about coming to see a dentist. Contact us to make an appointment so we can put you on our waiting list for patients with special needs.

Duncan Street Dental Centre

16 Duncan Street, Edinburgh, EH9 1SR

Tel: 0131 667 7114

We are happy to help anyone who finds it hard to access a dentist because they are housebound, have special needs, or are disabled. Contact us and we will make an arrangement to attend to your dental needs.

Diet and Nutrition

Edinburgh Community Food

22 Tennant Street, Edinburgh, EH6 5ND

Tel: 0131 467 7326

Email: admin@edinburghcommunityfood.org.uk

Website: www.edinburghcommunityfood.org.uk

Our website provides information on healthy eating initiatives in your local community. You can also: download useful resources, such as the "Eat Well Plate" which suggests what healthy eating means and provides healthy recipes; order healthy food online; and apply to join healthy food courses.

FAIR (Family Advice and Information Resource)

95 Causewayside, Edinburgh, EH9 1QG

Tel: 0131 662 1962

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We produce booklets that help people with learning difficulties to understand issues such as eating well and staying fit. Contact us or go online to order booklets or CDs produced in partnership with *Health Scotland*; or download our free healthy cooking booklet from our website.

Domestic Violence and Abuse

Women's Aid

4 Cheyne Street, Edinburgh, EH4 1JB

Tel: 0131 315 8110

Mon: 1pm – 3pm (phone support from 10am)

Tue, Wed & Fri: 10am – 3pm

Thu: 2pm – 7pm (phone support from 10am)

Sat: 10am – 1pm

National Helpline: 0800 027 1234

Email: duty@edinwomensaid.co.uk

Website: www.edinwomensaid.co.uk

We provide help and refuge to women in the Lothians who have experienced domestic violence and abuse. We offer: confidential support and advice; answer your questions honestly; give you all the information you need; advise you on how you and your children can stay safe; provide temporary accommodation if you need it; and provide help and support to begin building a better future. You can drop in on any day during office hours, or make use of our phone support service which offers information about choices you will need to make about: housing options, benefits, welfare rights and legal issues, as well as emotional support.

General Health

General Medical Services Search

Website: www.nhsinform.scot/scotlands-services-directory

You can use this website to search for a doctor, dentist, pharmacist or optician near you and find their addresses, opening times, contact details and the services they provide.

Glasgow Caledonian University Vision Centre

Cowcaddens Road, Glasgow, G4 0BA

Tel: 0141 331 3000

Website: www.gcu.ac.uk/visioncentre/

We provide specialist treatment for children and adults with reading, writing, spelling and attention difficulties caused by dyslexia, dyspraxia, autism, visual stress, brain injury, stroke and many other conditions. The benefits of treatment include reduced headaches, improved reading and spelling, and even better exam results.

Health Promotion Resource Centre

NHS Lothian, Blackford Pavilion, Astley Ainslie Hospital,

133 Grange Loan, Edinburgh, EH9 2HL

Tel: 0131 537 9337 or 9338

Email: resource.centre@nhslothian.scot.nhs.uk

Website: <https://services.nhslothian.scot/>

We provide information and resources that will help you to access all NHS health services in Edinburgh and the Lothians. We also have many resources on health-related topics which are designed for people with learning difficulties and/or mental health difficulties. Phone us to make an appointment, or go to our website to find the information you need.

Health

NHS 24

Tel: 111

Website: www.nhs24.scot

If you are concerned about your own or someone else's health, and you can't contact your/their GP, you can phone NHS 24 to speak to a healthcare professional who will give you advice and support. You can also visit our website to make contact with us, or to download our self-help guides on common medical conditions that people phone us about.

Patient UK

Website: www.patient.co.uk

This is a website recommended by GPs. It provides information, advice and guidance on a very broad range of medical and health issues to patients and professionals. It also has a symptom checker to help you to identify what your medical problem could be, and provides advice about what to do about it.

Sexual Health and Relationships

Chalmers Sexual Health Centre - NHS Lothian Sexual Health

2A Chalmers Street, Edinburgh, EH3 9ES

Tel: 0131 536 1070 (All enquiries—10am to 12.30pm and 1pm to 3pm)

Tel: 0800 22 44 88 (C:Card programme)

Email: info@ccard.org.uk

Website: www.ccard.org.uk

Website: www.lothiansexualhealth.scot.nhs.uk

Office hours: Monday to Thursday: 8.30am - 7.30pm; Friday: 8.30am - 8.30pm; General walk-in: 8.30am - 10.00am
Healthy Respect and drop in for young people only: Monday - Thursday: 3.30 - 7.00pm; Friday: 1pm - 3.30pm

We provide advice, counselling, testing and treatment for all sexual health issues, from the normal functions of your body and sexual identity, to infections (STIs and HIV), pregnancy and specialist gynaecological services for women. We offer specific services to support you if you have been raped, sexually assaulted or abused. We also run the C:Card programme which offers, advice, counselling and detailed advice on safer sex and contraception to 13 - 15 year olds and to people 16 and older. Our C:Card network provides free condoms and lubricant at more than 60 C:Card points across the Lothians. Phone us to make an appointment, or visit our websites to contact us or for the information you need.

FAIR (Family Advice and Information Resource)

95 Causewayside, Edinburgh, EH9 1QG

Tel: 0131 662 1962

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We offer a range of booklets and resources designed to teach people with learning difficulties about personal hygiene, dealing with periods, dealing with smear tests, checking for lumps, and entering into a sexual relationship. Phone us to arrange an appointment or visit our website to download our free booklets, or buy our books.

Health In Mind

40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: contactus@health-in-mind.org.uk

Tel: Future pathways: 164 2005 (free)

Email: registration@future-pathways.co.uk

Website: www.health-in-mind.org.uk

We offer a counselling service to victims of sexual trauma and abuse who are 18 years of age or older. We can work with you to find ways to enable you to move forward. Through our free Pathway Women and Pathway Men Programmes, we provide practical and emotional support to help you develop your coping strategies, build your self-confidence and reduce your stress and anxiety. You can self-refer or we can take referrals from social services or other voluntary organisations. To use the service go to our website to download and complete the referral form, or email or phone us. Our Future Pathways Programme offers help and support to adults who were abused or neglected as children while they were living in care in Scotland - in residential or foster care, living in a boarding school (state, private or independent), having a long-term stay in hospital or spending time in a Young Offenders' Institution. We provide survivors with person-centred support that will help them to lead full, healthy and independent lives and find their own pathways to a positive future.

LGBT Centre for Health and Wellbeing

9 Howe Street, Edinburgh, EH3 6TE

Tel: 0131 523 1100

Email: admin@lgbthealth.org.uk

Website: www.lgbthealth.org.uk

LiveChat online: Tuesdays 3 - 9pm

Helpline: 0300 123 2523 Tuesday & Wednesday 12.00 - 9pm

Email: helpline@lgbthealth.org.uk

Deaf contact: [BSL Contact Scotland](http://BSL.ContactScotland.org.uk)

We promote the health and wellbeing of lesbian, gay, bisexual and transgender (LGBT) people, including people with disabilities. We provide: support groups; courses and events; mental health support; information and advocacy; community safety; and counselling for LGBT people over 50 years of age. We have information for LGBT adults with learning disabilities on sexual health, relationships and gender identity, and leaflets, guides and resources for parents and carers of LGBT people.

Housing

Autism-specific For autistic adults

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ

Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Website: www.number6.org.uk

We offer assistance with housing for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. We offer support with housing applications (e.g. Edindex) and advice on financial or other issues that may help to maintain a tenancy.

Housing Benefit & Local Housing Allowance

Website: www.brentwood.gov.uk

This website provides information and guidelines for autistic adults and their parents or carers, on the government housing benefit scheme that helps people on low incomes to pay rent for the home they live in, or to apply for a home. There are two kinds of payment available for people who have to pay rent: 1) Housing Benefit (to be replaced by Universal Credit from July 2019) - for people who are council or housing association tenants. 2) Local Housing Allowance - for people who have private landlords. You can find out whether you are eligible for either on the website.

General For parents, carers & autistic adults

Bethany Christian Trust

Gateway Visiting Support Consortium, 65 Bonnington Road, Edinburgh, EH6 5JQ

Tel: 0131 561 8930

Email: info@bethanychristiantrust.com

Website: www.bethanychristiantrust.com

We provide support to help people to maintain a new tenancy. We also offer a range of support options for people struggling with housing.

Council and Housing Associations

The Business Centre, C.3 Waverley Court, 4 East Market Street, Edinburgh, EH8 8BG

Tel: 0131 529 5080

Email: edindex@edinburgh.gov.uk

Website: keytochoice.scotsman.com

We help you to register with EdIndex (a partnership between the Council and 20 housing associations in Edinburgh) so that you can apply for housing with private landlords, the City of Edinburgh Council, housing associations and co-operatives. The application forms are available on our website, or can be collected at any Local Council office.

Housing Options in Scotland

The Melting Pot, 5 Rose Street, Edinburgh, EH2 2PR

Tel: 0131 247 1400

Email: info@housingoptionsscotland.org.uk

Website: www.housingoptionsscotland.org.uk

We assist disabled people through the complex processes required to buy a house, and can offer advice on other housing issues, including council housing and private lets.

Legal Services Agency

Mental Health Legal Representation Project, Flemming House, 134 Renfrew Street, Glasgow, G3 6ST

Tel: 0141 353 3354

Email: lsabtconnect.com

Website: www.lsa.org.uk

We support women and disabled people who have been refused the right to rent a private house or flat, or have been otherwise negatively affected by landlords because they receive benefits.

Social Care Direct (Edinburgh)

40 Captain's Road, Edinburgh, EH17 8HN

Tel: 0131 200 2324

Email: socialcaredirect@edinburgh.gov.uk

Website: www.edinburgh.gov.uk/info/2019/get_care_and_support/51

We provide an Assessment of Needs to determine whether your family or a family member needs housing support, supported accommodation, or any other support. We can advise you on your support options and where funding may come from to support your identified needs.

The Plan B Advice Service

Learning Disability England, Birmingham Research Park, 97 Vincent Drive, Birmingham, B15 2SQ

England Tel: 0141 237 3895

Tel: 07881 581 488

Email: janghaughey@gmail.com

Website: www.learningdisabilityengland.org.uk

We help disabled adults who are on benefits to access funding to buy their own home throughout the UK. Most of our clients are autistic.

The Rock Trust

55 Albany Street, Edinburgh, EH1 3QY

Tel: 0131 557 4059

Or

20 Grampian Court, Beveridge Square, Livingston, EH54 6QF

Tel: 01506 591 860

Email: admin@rocktrust.org

Website: www.rocktrust.org

Our 'Networks' mentoring project supports socially excluded 16-25 year olds who are at risk of homelessness. We offer a mentoring service alongside group activities which aim to help individuals expand their social networks.

Housing: Adaptations & Repairs

General

For parents, carers & autistic adults

Care and Repair Edinburgh

1 Osborne Terrace, Edinburgh, EH12 5HG

Tel: 0131 337 1111

SMS: 07494 578 858

Email: Click on the contact button on the website.

Website: www.careandrepaiiredinburgh.org.uk

We offer a range of practical services to help people repair, improve or adapt their homes so that they may remain in their own homes in comfort and independent for as long as possible. We offer the following services for a small donation for the work and the cost of the materials required:

DIY: changing lightbulbs; fitting carbon monoxide detectors and batteries; fitting plugs and changing fuses; hanging pictures and photographs; fitting curtain rails and hanging or changing curtains; fitting door chains, viewers, doorbells etc. Technical: set up of TV/DVD/Freeview/Digital Box; set up printers; download Skype; upload photos from a camera or phone; set up telephones/voicemails.

Deaf Action

49 Albany St, Edinburgh, EH1 3QY

Tel: 0131 556 3128

SMS: 07775 620757

Text phone: 0131 557 0419

Email: admin@deafaction.org; Or:

Email: specialistequipment@deafaction.org

Website: www.deafaction.org

For people that experience a hearing or sight loss, having specially designed equipment can mean increased independence and improved communication experiences. There are many different products available to suit different sensory needs. Examples include: fire and smoke alarms for the hard of hearing, telephone sound boosters, and portable doorbell alert gadgets. We supply and often install equipment in peoples' homes, residential care homes and in public buildings and private companies. If you would like to find out more about our equipment and what is best suited to you, get in touch with our specialist equipment team – they are always happy to discuss products, suitability and advice on caring for your equipment.

Home Fire Safety Visit

Scottish Fire and Rescue Service

Tel: 0800 0731 999

SMS 'FIRE' to: 80800

Website: www.firescotland.gov.uk

We provide a free Home Fire Safety Visit to your home to: make sure that there are no fire hazards; offer fire safety advice and guidance; and fit smoke alarms. Our visits can be arranged to your home during the day or night. We are also able to visit any other person you may know (relative, friend or neighbour) who could be at risk from fire in their home.

Life-Pod

Email: info@life-pod.co.uk

Website: www.life-pod.co.uk

We help people who are affected by hoarding disorder and other conditions that result in clutter and disorganisation in your home. We provide pragmatic and practical hands-on help in your home to improve your health, safety and wellbeing.

Living Made Easy (Disabled Living Foundation & Shaw Trust)

Helpline: 0300 999 0004

Email: info@dlf.org.uk

Websites: livingmadeeasy.org.uk; and: asksara.org.uk

Our websites provide practical advice and a broad range of products that can help to make daily living much easier for disabled and older people. Our products will help you with daily challenges like: holding and opening jars, cans, bottles and containers; overfilling cups and mugs; difficulty hanging clothes in your wardrobe; and offer you a range of products to make life easier in terms of: children; clothing and footwear; communication; house and home; leisure; mobility and walking; personal care; and Telecare and alarms.

Telecare (Disabled Living Foundation)

Services for Communities

Waverley Court, 4 East Market Street, Edinburgh, EH8 8BG

Tel: 0131 529 7661

Helpline: 0300 999 0004: 10am - 4pm Monday - Friday.

www.livingmadeeasy.org.uk

We provide equipment, services and 24 hour monitoring to support your safety and independence in your own home. We can operate alongside other services like a home carer.

Our support can be arranged by your Occupational Therapist, Social Worker or District Nurse; by you; or by a member of your family, a friend or a neighbour. We will then visit you to find out what kind of support you need. Our alarm equipment, installation and maintenance are free of charge. You may have to pay for the monitoring service after assessment of your individual circumstances.

Housing: Emergency Accommodation

GENERAL

For parents, carers & autistic adults

Access Point

17-23 Leith Street, Edinburgh, EH1 3AT

Tel: 0131 529 7438

Email: accesspoint@edinburgh.gov.uk

We offer a holistic housing, health and social care service to people who are experiencing homelessness.

Bethany Emergency Accommodation

Bethany Christian Trust, 65 Bonnington Road, Edinburgh, EH6 5JQ

Tel: 0131 561 8930

Or

Bethany House, 12 Couper Street, Edinburgh, EH6 6HH

Tel: 0131 467 1010

Website: www.bethanychristiantrust.com

We offer basic accommodation, hot meals and advice from November to March. We also have a resettlement hostel.

Cyrenians Homelessness Prevention Service

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

Tel: 0131 475 2354

Email: admin@cyrenians.scot

Website: www.cyrenians.org.uk

Or

City Community, 107a Ferry Road, Edinburgh, EH6 4ET

Tel: 0131 555 3707

Email: communities@cyrenians.scot

Or

Farm Community, 12 Humble Holdings, Nr Kirknewton, West Lothian, EH27 8DS

Tel: 0131 333 1392

Email: communities@cyrenians.scot

We offer a number of support services for people at risk of becoming homeless, including two residential communities for 16–30 year olds in Edinburgh and West Lothian.

Edinburgh Housing Advice Partnership (EHAP)

1st Floor, ELS House, 555 Gorgie Road, Edinburgh, EH11 3LE

Tel: 0845 302 4607

Website: www.ehap.org.uk

We deliver advice and information to people to enable them to avoid homelessness, and to secure preventative housing support for those who need it. You can refer yourself to EHAP over the phone or online. Call us to make an appointment.

Four Square Hub

67A Logie Green Road, Edinburgh, EH7 4HF; and

40 Grove St, Edinburgh EH3 8AT

Tel: 0131 557 7900

Website: www.foursquare.org.uk

We provide: crisis accommodation for young people aged 16-25 in four self-contained flats that can accommodate up to sixteen young people; accommodation in a safe environment for up to 6 months for six young women aged 16-25; and supported Training Flats to help people to reintegrate into the community and begin to live a normal life. We also offer a Visiting Support service aimed at preventing homelessness for residents in South West Edinburgh.

Fresh Start

22-24 Ferry Road Drive, Edinburgh, EH4 4BR

Tel: 0131 476 7741

Email: admin@freshstartweb.org.uk

Website: www.freshstartweb.org.uk

We offer practical and social support to help people who have been homeless to establish a new home and a new life. Our support includes: decorating, a cooker, employment support, cooking classes and volunteering opportunities.

Midlothian Homelessness Team

Buccleuch House, 1 White Hart Street, Dalkeith, Midlothian, EH22 1AE

Tel: 0131 271 3397

Email: homelessness.enquiries@midlothian.gov.uk

Website: www.midlothian.gov.uk/info/1078/homeless_or_at_risk/227/homelessness_assessments

If you are homeless, or at risk of homelessness, we will assess your situation. If you have nowhere to stay, we will arrange emergency accommodation at once and a homeless interview the same day, or the next working day if it is after office hours. If you are homeless but have somewhere to stay temporarily, you will be offered a homeless interview within three working days.

Shelter Scotland Edinburgh Community Hub

4th Floor, Scotiabank House, 6 South Charlotte Street,

Edinburgh, EH2 4AW

Helpline: 0808 800 4444

Website: www.scotland.shelter.org.uk

Our Edinburgh Community Hub is a one-stop-shop for anyone who is homeless, facing homelessness or needs advice about a housing related problem. We offer specialist advice on Housing, Money, Debt, and Welfare Benefits. We also have a team of solicitors who make sure your rights are represented and fairly enforced. We help and support anyone dealing with issues affecting their ability to find or keep a home. Contact us by visiting our website where you can: use our free helpline; chat online with an advisor; or find a local service near you.

Housing: Emergency Accommodation

Women's Aid

4 Cheyne Street, Stockbridge, Edinburgh, EH4 1JB

Tel: 0131 315 8110

National Helpline: 0800 027 1234

Office hours are:

To phone: Monday, Tuesday, Wednesday & Friday: 10.00 - 15.00; Thursday: 10.00 - 19.00; Saturday: 10.00 - 13.00

To drop in: Monday: 13.00 - 15.00; Tuesday, Wednesday & Friday: 10.00 - 15.00; Thursday: 12.00 - 19.00; Saturday: 10.00 - 13.00

Email: info@edinwomensaid.co.uk

Website: www.edinwomensaid.co.uk

We provide help and refuge to women experiencing from domestic violence. If you are in the Lothians, you can call the 24-hour national helpline and we will put you in touch with your local centre.

Legal Support

General

For parents, carers & autistic adults

Campbell Smith LLP

21 York Place, Edinburgh, EH1 3EN

Tel: 0131 556 3737

Email: info@camsmith.co.uk

Website: <http://www.camsmith.co.uk/>

We are a firm of solicitors with experience of working with autistic people, people with learning disabilities, with mental health problems, and the elderly. We have experience of applications to the Sheriff Court under the Adults with Incapacity (Scotland) Act 2000. We can also assist with other issues such as education and family law. Legal Financial Aid is available.

ENABLE

INSPIRE House, 3 Renshaw Place, Eurocentral, North Lanarkshire, ML1 4UF

Tel: 01698 737 000

Website: www.enable.org.uk

Our Trustee Service can help you and your family prepare for the future. We can help look after any money you leave to your child, and make sure they have the support they need to manage it. Our qualified experts can guide you through all the legal paperwork to set up a trust that will give your child greater financial security for the future, and give you greater peace of mind as a parent. Contact us to find out more, or go to our website and download our Trustee Service Factsheet.

Legal Services Agency

Mental Health Legal Representation Project

Flemming House, 134 Renfrew Street, Glasgow, G3 6ST

Tel: 0141 353 3354

Email: lsabtconnect.com

Website: www.lsa.org.uk

We provide legal advice and representation for autistic people, mental health problems, acquired brain injury and dementia, their families and carers. We can provide support on detention and appeals under the Mental Health Act, adults with incapacity, powers of attorney and guardianship, and community care.

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB

Tel: 0131 622 6666

Email: centre@vocal.org.uk

Website: www.vocal.org.uk

Or

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX

Tel: 0131 663 6869

Email: midlothian@vocal.org.uk

Website: www.midlothiancarers.co.uk

We offer free monthly surgeries to set up and register Power of Attorney or 30 minute consultations with a solicitor about key issues such as wills, trusts and guardianship. Contact us to make an appointment; or go to our website and download our fact sheets on legal issues and wills and trusts.

Money Management & Advice

Autism-specific

For parents, carers & autistic adults

National Autistic Society (NAS)

Helpline: 0845 070 4004

Website: www.autism.org.uk/about/adult-life/managing-money.aspx

We can give you online help to manage your money effectively. Go to our website to get advice, guidelines and training on: your rights; bank, building society and Post Office accounts; debit, credit and store cards; money coming in and money going out; budgeting; keeping and saving money; borrowing money, making payments and managing debts; managing money online; insurance; and people who try to trick you to give them your money and the ways they try to do this.

General

For parents and carers

Social Care Direct - Carer's Support Payment

Tel: 0131 200 2324

Email: socialcaredirect@edinburgh.gov.uk

Website: www.edinburgh.gov.uk/carersupportpayment

If you provide regular unpaid care for a friend or relative, you may be eligible for a carer's support payment of £250. This payment is for unpaid carers, at least 16 years old and not at school who provide substantial and regular care for a partner, friend or relative. For an assessment to see if your situation qualifies for this payment, contact us by phone, email or on our website.

General

For parents, carers & autistic adults

Advice Shop

249 High Street, Edinburgh, EH1 1YJ

Tel: 0131 200 2360

Office hours: Monday, Wednesday and Thursday: 8.30am - 4.30pm; Tuesday: 9.30am - 4.30pm; Friday: 8.30am - 3.40pm.

Email: advice.shop@edinburgh.gov.uk

Website: <http://www.edinburgh.gov.uk/advice-shop>

The Advice Shop and Direct Payments work together to provide free advice and representation on benefits and tax credits. Our services help you to: get the benefits you are entitled to, fill in forms, resolve rent arrears, give you representation at appeals, and appeal if you do not agree with a benefit decision.

FAIR (Family Advice and Information Resource)

95 Causewayside, Edinburgh, EH9 1QG

Tel: 0131 662 1962

Office hours are: 09.00—17.00, Monday—Friday. You are welcome to drop in, but make an appointment to avoid waiting for a long time.

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We are an information and advice service for people with learning disabilities and their families. We can help you to: budget & manage money; pay bills; manage debt; and open bank accounts.

Lothian Centre for Inclusive Living (LCiL)

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

Tel: 0131 475 2350 (Mon - Fri, 10.00 am to 4.00 pm)

Email: payroll.team@lothiancil.org.uk

Website: www.lothiancil.org.uk

We help disabled people who employ their own Personal Assistants (PAs). We can help you with the processing of their wages and related administration such as: PA timesheets, tax, National Insurance and many other related issues. If you are not registered with the HMRC as an employer and with a pension provider, we can do this for you. We will supply you with a pack which has everything you need to know about payroll.

For current charges please contact Matthew Curry at:

Matthew.Curry@lothiancil.org.uk

Tel: 0131 475 2350

Turn2Us

Website: www.turn2us.org.uk

We help people in financial need to gain access to charitable grants and other financial help. Our website includes help with finding small grants. You can contact us through the contact form on our website. We will then arrange to support you online, by phone, or face-to-face through one of our partner organisations.

Queries & Complaints

General

For parents, carers & autistic adults

Care Inspectorate

3 C & D South, Victoria Quay, Edinburgh, EH6 6QQ
Tel: 0345 600 9527

Email: enquiries@careinspectorate.com; Or

Email: complaintsNEL@careinspectorate.com

Website: www.careinspectorate.com

We regulate social work, care and child protection services. We are a scrutiny body which supports improvement. We look at the quality of care in Scotland to ensure it meets high standards. Where we find that improvement is needed, we support services to make positive changes. Our vision is that everyone experiences safe, high-quality care that meets their needs, rights and choices.

General Medical Council

Scotland Office, 5th Floor, The Tun, 4 Jackson's Entry, Edinburgh, EH8 8PJ

Tel: 0131 55 8700; or: 0161 923 6602

Email: gmcscotland@gmc-uk.org

Website: www.gmc-uk.org

We are responsible for regulating doctors and other medical professionals to ensure that they adhere to standards of good practice.

Health and Social Care

Social Work Advice and Complaints Service, Level 1:7, Waverley Court, 4 East Market Street, Edinburgh, EH8 8BG

Tel: 0131 553 8395

Email: socialwork.complaints@edinburgh.gov.uk

Website: www.edinburgh.gov.uk

Healthcare Improvement Scotland

Gyle Square, 1 South Gyle Crescent, Edinburgh, EH12 9EB

Tel: 0131 623 4300; or: 0131 623 4326

Email: hcis.complaints@nhs.net

Website: www.healthcareimprovementscotland.org

This service is for complaints about independent care, not about NHS services.

Mental Welfare Commission

Thistle House, 91 Haymarket Terrace, Edinburgh, EH12 5HE

Tel: 0800 389 6809 (service users only); or

Tel: 0131 313 8777 (professionals only)

Email: enquiries@mwscot.org.uk

We are an independent organisation working to safeguard the rights and welfare of people with a mental illness, learning disability or other mental disorder.

NHS Complaints

Waverley Gate, 2-4 Waterloo Place, Edinburgh, EH1 3EG

Tel: 0131 536 3370

Email: feedback@nhhslothian.scot.nhs.uk

Website: www.nhslothian.scot.nhs.uk

This service is for complaints about NHS services.

Recreation: Arts, Leisure & Sport

Autism-specific For autistic adults

Drama/Theatre

Lung Ha's Theatre Company

30 Grindlay St, Edinburgh EH3 9AP

Tel: 0131 221 9568

Email: Go to the website and use the contact page

Website: <http://lungha.com/>

Lung Ha Theatre Company is the leading theatre company for people with a learning disability or Autism in Scotland. Anybody over the age of 18 who has a learning disability or Autism can join the company and no previous acting experience is necessary - just a good attitude and a passion for theatre. Auditions for new company members are held annually, usually in the spring. If you would like to join the performing company please go to our website and complete an application form, stating that you would like to join the company in the message box, and you will be added to the list. We will then contact you prior to auditions with more information.

South Side Community Centre

117 Nicolson Street, Edinburgh, EH8 9ER

Tel: 0131 667 0484

Email: Go to the website and use the contact page.

Website: <http://southsidecommunitycentre.co.uk/>

We offer a variety of activities for autistic people and for people of all ages, ethnicities and abilities. Our services include: a carer-recommended drama group which supports building confidence and self-esteem; and activities which: improve health and well-being; promote social interaction; and provide opportunities to advance knowledge, skills and learning for.

Radio

SAM Radio - Surfing the Spectrum of Sound

525 Ferry Road, Edinburgh, EH5 2AW

Tel: 01316614333; or: 07400936375

Email: info@samradio.org

Website: <http://samradio.org>

We are a community internet radio station that caters for autistic adults. We air a variety of music; provide listeners with a platform where they can represent themselves; and offer people the opportunity to learn how to produce shows, without the worry of operating the broadcast and recording equipment. We are always looking to invite guests into the station to talk about their experiences with autism, alongside adults on the autistic spectrum that would like to talk about their own experience. Please email us if you are interested in coming on air and we will do the rest.

Autism-specific For parents, carers & autistic adults

Cinema

Dimensions UK Autism-friendly Cinemas

Tel: 0300 303 9062

Website: www.dimensions-uk.org

We host autism-friendly film screenings around the UK on Sunday mornings throughout the year. Films suitable for all audiences are screened in a sensory-friendly and inclusive environment. Adjustments include: a relaxed environment where people understand the needs of children and families with autism; lights left on low; sound turned down; no trailers or advertisements; staff trained in autism awareness; disabled access; chill out zone, where available; freedom to move around and sit where you like; bring your own food and drink. The cinema chains that screen our films are: Odeon, Cineworld, Vue, Showcase and Picturehouse. Entry is free for carers with a valid CEA Card (to apply for a card see: Useful Resources at the end of this Guide).

General For parents, carers & autistic adults

Arts

Artlink

13a Spittal Street, Edinburgh, EH3 9DY

Tel: 0131 229 3555

Email: info@artlinkedinburgh.co.uk

Website: www.artlinkedinburgh.co.uk

We support a range of opportunities for individuals, including those who are disadvantaged or have a disability, to get involved in the arts. We offer practical support to get people involved in developing their skills in the arts and to share their creativity.

Dance Base

14-16 Grassmarket, Edinburgh, EH1 2JU

Tel: 0131 225 5525

Email: dance@dancebase.co.uk

Website: www.dancebase.co.uk

Dance Base is for everyone who wants to dance aged 14+. If you want a buddy for your first class, have specific access needs, or just need a helping hand to guide you, we can help. If you are new to dancing and want to try out a few classes first, we run drop-in beginner dance classes on Thursday evenings starting at 6.00pm, 6.30pm, 7.00pm and 7.30pm for £6.50 per class. Visit our website to see the dance classes you can choose from, or phone us for information.

Recreation: Arts, Leisure & Sport

Drake Music Scotland

Drake Music Scotland, SPACE, 11 Harewood Road,
Edinburgh, EH16 4NT
Tel: 0131 659 4766

Email: info@drakemusicscotland.org

Website: drakemusicscotland.org

We support disabled musicians to reach their full potential. We offer music tuition for individuals and groups that is tailored to suit your needs. We run a year-round programme of music sessions held in our fully equipped and accessible studio, providing one-to-one or group instrumental and song-writing and composition tuition; and artistic and technical support for musicians with disabilities.

Upward Mobility

Edinburgh Palette, St Margaret's House, 151 London Road,
Edinburgh, EH7 6AE

Tel: 0131 661 4411 or: 0131 661 1924

Email: hello@upmo.org

Website: www.upmo.org

We deliver educational and creative workshops within a day service environment. Our workshops are designed to build self-confidence, while providing opportunities for creative expression and personal development. We currently run over 30 workshop sessions per week, including: film, photography, multimedia, drama, music, creative movement, community gardening and work experience.

WHALE Arts Agency

30 Westburn Grove, Wester Hailes, Edinburgh, EH14 2SA
Tel: 0131 458 3267

Email: info@whalearts.co.uk

Website: www.whalearts.co.uk

We are a community arts centre which offer arts courses, events and activities for the people of south-west Edinburgh, to inspire change for individuals and their community. We offer activities for all ages and all abilities. Information on the termly programme can be found on the website.

Exercise and Fitness

Edinburgh Leisure

Head Office, Vantage Point, 3 Cultins Road, Edinburgh,
EH11 4DF

Tel: 0131 458 2100

Email: mail@edinburghleisure.co.uk

Website: www.edinburghleisure.co.uk

We offer a variety of exercise programmes in 48 venues across the city. Visit our website to find information about venues near you and contact details; membership fees; sports activities; and classes that will suit your individual needs. Concessionary rates are available for people on benefits. We also offer a Community Access Programme—see the details below.

Edinburgh Leisure - Community Access

Tel: 0131 458 2100

Email: active@edinburghleisure.co.uk or

Website: www.edinburghleisure.co.uk/cap

We support community groups, organisations and charities to get the people they work with active. By working in partnership, we can help Edinburgh's most vulnerable individuals and communities get active and improve the lives of the people of Edinburgh. We provide training for organisations looking to use physical activity as a tool to improve the lives of their service users. We also provide reduced prices for partner organisations to access Edinburgh Leisure's 14 gyms and 10 swimming pools as well as fitness classes, badminton court and pitch hire.

Enjoy Leisure, East Lothian

Administration Office, Musselburgh Sports Centre,
Newbigging, Musselburgh, EH21 7AS

Tel: 0131 653 5200

Email: info@enjoyleisure.com

Website: www.enjoyleisure.com

We offer the following sport and leisure facilities to assist you to become fit and healthy:

Aubigny Sports Centre, Mill Wynd, Haddington, EH41 4DB

Tel: 01620 820650

Dunbar Leisure Pool, Castle Park, Dunbar, EH42 2EU

Tel: 01620 820655

Loch Centre, Well Wynd, Tranent, EH33 2JX

Tel: 01875 824140

Meadowmill Sports Centre, By Tranent, EH33 1LZ

Tel: 01875 619079

Musselburgh Sports Centre, Newbigging, Musselburgh,
EH21 7AS

Tel: 0131 653 5208

North Berwick Sports Centre, Grange Road, North Berwick,
EH39 4QS

Tel: 01620 820730

Get Up & Go - Activities for Over 50s

Tel: 0131 529 7844

Email: getupandgo@edinburgh.gov.uk

Website: [www.edinburgh.gov.uk/info/20008/
events_and_venues/588/get_up_and_go](http://www.edinburgh.gov.uk/info/20008/events_and_venues/588/get_up_and_go)

This is a website on 'What's on in Edinburgh for the 50+ population'. It lists venues, times and activities that will keep you fit and active, including creative arts classes, social gatherings, exercise sessions, carer groups and lots more.

Recreation: Arts, Leisure & Sport

Midlothian Active Choices (MAC)

Midlothian House, Buccleuch Street, Dalkeith, EH22 1DN

Tel: 0131 561 6507

Email: mac@midlothian.gov.uk

Website: www.activemidlothian.org.uk/healthy-lifestyles/midlothian-active-choices-96

This is a physical activity referral service for adults who are currently suffering from mild/moderate mental health conditions, weight management problems, or long term or chronic illnesses. The service is an NHS funded partnership project between the East & Midlothian Community Health Partnership and Midlothian Council. Access to the programme is by referral from your GP or a health practitioner. Once you have been referred, we offer: a consultant who helps you set your own goals and develop a 12-week programme of activities; a MAC card which entitles you to reduced cost of £1 per gym session/class/swim at Midlothian Leisure facilities. If required, the reduced costs and further support can be provided for a year after completing the 12-week programme. Regular MAC Group also provide you with opportunities to chat to others who are experiencing similar health problems and who are on the exercise programme.

Midlothian Leisure Centres

Midlothian Council

Tel: 0131 270 7500,

Email: enquiries@midlothian.gov.uk

Website: www.midlothian.gov.uk

We offer a variety of exercise programmes in 7 venues across the city:

Danderhall: Newton Church Road, Danderhall, EH22 1LU.

Tel: 0131 663 9280

Gorebridge: Hunterfield Road, Gorebridge, EH23 4TX

Tel: 01875 821739

Lasswade: 9 Eskdale Drive, Bonnyrigg, EH19 2LA

Tel: 0131 271 4533

Loanhead: George Avenue, Loanhead, EH20 9LA

Tel: 0131 444 9033

Newbattle: Newbattle Way, Easthouses, EH22 4SX

Tel: 0131 561 6740

Newtongrange: Main Street, Newtongrange, EH22 4PG

Tel: 0131 561 5325

Penicuik: Carlops Road, Penicuik, EH26 9EP

Tel: 01968 664066

Sports

Active Midlothian Sports Development

Tel: 0131 561 6518

Email: Yvonne.anderson@midlothian.gov.uk

Website: www.activemidlothian.org.uk/sports-development/disability-sport-130

We support children and adults with a physical, learning or sensory disability to take part and excel in a variety of sports. We aim to provide participants with an opportunity to: be physically active in a fun and safe environment; learn new skills and try new sports and activities; enjoy new experiences and make friends. Our partners are: Lothian Special Olympics; Lothian Disability Sport; Scottish Disability Sport; Special Olympics GB; Active Schools Coordinators; and Allstars Disability Club.

Lothian Disability Sport & Special Olympics

Lothian Disability Sport, Easter Road Stadium, South Stand, 12 Albion Place, Edinburgh, EH7 5QG

Tel: 0788 554 9173

Email: admin@lothiandisabilitysport.co.uk

Website: www.lothiandisabilitysport.co.uk

Or

Lothian Special Olympics

Tel: 0750 425 3313

Email: Solothian@gmail.com

Website: www.lothianspecialolympics.org

We offer year-round sports training and competition in Olympic-type sports for all children and adults with learning disabilities. We provide continuing opportunities to develop physical fitness, demonstrate courage, and experience joy; and to participate in sharing skills, gifts and friendship with their families and other athletes and the community.

Ravelrig Riding for the Disabled

21 Ravelrig Gait, Balerno, Midlothian, EH14 7NH

Tel: 0131 449 7994

Email: organiser@ravelrig-rda.org.uk

Website: www.ravelrig-rda.org.uk

We provide people with a disability the opportunity to ride and enjoy all the activities connected with horse riding in a safe place where you learn a whole range of skills while you have fun and make social contact. Contact us directly for more information.

Recreation: Arts, Leisure & Sport

Spartans Connections Para-Football

Ainslie Park, 94 Pilton Drive, Edinburgh, EH5 2HF

Tel: 0131 552 7854

Email: info@spartans.com

Website: www.spartnascfa.com

We are the para-football section of the Spartans Football Club in partnership with the Spartans Community Football Academy. Our teams are mixed gender and we welcome players who have a wide range of disabilities including physical and learning difficulties and mental health challenges. We offer skill and fitness-focused football training sessions in a fun, social atmosphere. We compete in seven-a-side teams in the Scottish Football Association Para-Football Leagues and national competitions. Training for adults 16 years of age and older is every Thursday at the Spartans Community Football Academy: 10.30am - 12.00pm; and 4.30pm - 6.00pm.

Thornton Rose Riding for the Disabled

Thornton Farm, Rosewell, Midlothian, EH24 9EF

Email: enquiries@thornton-rose-rda.org.uk

Website: www.thornton-rose-rda.org.uk

We provide riding opportunities for people of all ages and disabilities to enjoy a safe, stimulating, therapeutic and recreational sport. Our aims are to improve the lives of people with disabilities through activities connected with horse riding; and to provide disabled people with the means to ride at the level of their ability, choice and ambition. We offer a place for fun, friendship and learning in a safe environment.

Rest, Respite & Short Breaks

General

For parents, carers & autistic adults

Badaguish Cairngorm Outdoor Centre

Aviemore, Inverness-shire, PH22 1AD

Tel: 01479 861 382 and press 2

Email: rhona.g@badaguish.org

Website: www.badaguish.org

We offer outdoor holidays for disabled people, including respite care holiday breaks. Visit our website, call or email us for information.

Crossroads Caring Scotland

West Lothian:

1 Waverley Street Industrial Estate, Bathgate, West Lothian, EH48 4HY

Tel: 01506 630 586

Email: westlothian@crossroads-scotland.co.uk

Website: www.crossroads-scotland.co.uk

We support people of all ages regardless of their illness or disability. Our services are designed to improve the quality of life; support people to live independently at home; and enable carers and service users to benefit from regular, meaningful short breaks. We also provide personal care packages and social support.

ELCAP Ltd

Easington Lane Community Access Point

Woodbine Cottage, West Loan, Prestonpans, EH32 9WU

Tel: 01875 814 114

Email: enquiries@elcap.org

Website: www.elcap.org

We provide a range of respite services to help people enjoy positive experiences away from their regular care-givers in East Lothian and Midlothian. Our staff have experience of supporting people who have learning disabilities, physical disabilities, mental health problems, dementia, physical health problems, communication difficulties, behavioural difficulties, and sensory impairments.

Shared Care Scotland

Unit 2 Dunfermline Business Centre, Izatt Avenue, Dunfermline, Fife, KY11 3BZ

Tel: 01383 622 462

Email: office@sharedcarescotland.com

Website: www.sharedcarescotland.org.uk

We provide an online directory of short breaks information for people with care needs and their carers. We also operate the Short Breaks Fund on behalf of Scottish Government. This fund provides grants to third sector organisations that support unpaid carers to take short breaks.

Short Breaks Service - City of Edinburgh Council

Tel: 0131 200 2324

Email: socialcaredirect@edinburgh.gov.uk

Website: www.edinburgh.gov.uk (scroll down to the A to Z of services and click on: 's'. Then scroll down and click on: 'short breaks for carers and those they care for'.

We provide Edinburgh-wide, flexible, person-centred short breaks for adults with a learning disability and for family carers who support their relatives to remain at home.

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB

Tel: 0131 622 6666

Email: centre@vocal.org.uk

Website: www.vocal.org.uk

We can help you think about what kind of short break would be good for you; point you to organisations, groups and respite centres that can help you; and if necessary, help you access funding or support through your local social services.

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX

Tel: 0131 663 6869

Email: midlothian@vocal.org.uk

Website: www.midlothiancarers.co.uk

Our Wee Breaks service provides support to carers in planning and accessing short breaks from caring.

Social Support

Autism-specific For autistic adults

Edinburgh & Lothians Asperger Society (ELAS)

Managed by Health in Mind, 40 Shandwick Place,
Edinburgh, EH2 4RT

Email: megaknee@yahoo.co.uk.

Website: www.health-in-mind.org.uk

We are an independent support group for adults aged 16 and over with diagnosed or suspected Asperger Syndrome or who are on the autistic spectrum. We aim to provide a community for autistic people to meet up, accept, value, and support one another and share ideas and coping strategies in order to promote self help and solidarity. The group aims to link with people from other autism groups, autism professionals and service providers and maintain contact with appropriate organisations. It also aims to improve services, facilities and conditions for autistic people by promoting autism awareness and providing input on autistic issues to government policy documents. We run formal meetings on the second Fridays at 6:30 in the Traverse theatre bar. Autistic adults, partners or friends are welcome to attend. If you are a newcomer, please let the Chair know by email. Our socials meetings are every Saturday evening, 6:00 - 9:00pm, either at Traverse theatre bar or Filmhouse bar: across Lothian Road from each other. The group is friendly and informal and members can attend for as long or as little time as they wish.

National Autistic Society Edinburgh Social Group

Tel: 0141 221 8090

Email: scotland.services@nas.org.uk

Website: www.nas.org.uk; or

Website: www.autism.org.uk/services/scotland/community-projects.aspx#SocialProgrammes

We run regular groups for autistic people aged 15 and over to provide opportunities to meet new people and have new experiences. The sessions are facilitated by a social programmes manager and a team of volunteers. The group members decide where they go and what activities they want to try. Joining a social group can help you to build confidence and learn new skills. For example, how to use public transport; use money wisely; socialise with people outside of your family, participate in the local community, make friends and develop social skills; and learn about personal presentation, healthy eating and being physically active. To apply to join a group, go to our website and complete the form on the ClickGo enquiry page. Some of our social programmes require a small annual payment. Please note that our social programmes are not suitable for those who do not have independent travel arrangements or who require personal care. Spaces on our programmes are limited – if your local group is full we'll add you to a waiting list.

Number 6 One-Stop-Shop

Edinburgh One-Stop-Shop, 24 Hill Street, Edinburgh, EH2 3JZ
Tel: 0131 220 1075

Email: number6@aiscotland.org.uk

Email: kim.maxwell@aiscotland.org.uk (Our activities coordinator)

Website: www.number6.org.uk

We offer an extensive support programme for autistic adults who do not have a learning disability and live in the Lothians or the Scottish Borders. Our Lothians programme includes: A safe place where you can drop in, relax and take a break from the stresses of everyday life; use of our computer room, pool room, library, toilet and kitchen; and a broad range of weekly group activities. We also have a West Lothian Group and a Borders Area Group. Visit our website for details.

SWAN - Scottish Women's Autism Network

Autism Network Scotland, Level 6, Curran Building,
University of Strathclyde, 101 St James Road, Glasgow, G4 0NS
Tel: 0141 444 8146

Email: swan.scotland@gmail.com; Or

Email: autism.network@strath.ac.uk

Website: www.autismnetworkscotland.org.uk/swan/#

Facebook: www.facebook.com/AutismNetworkScotland

Autistic females have been described as being like swans – appearing to glide across the surface of life but paddling furiously under the surface just to keep afloat! We are a network of women who meet for peer support and networking to help each other by sharing our experiences and knowledge, and having open discussions with like-minded women.

Social Support

General

For autistic adults

Connecting Midlothian Socially - Disco

Mayfield Community Centre, 5 Stone Place, Mayfield, Midlothian, EH22 5PF

Tel: 0131 454 1785

Email: stuart.mcintosh@enable.org.uk

Website: www.weebreak.org/places-to-go/enable-disco-dalkeith/

We are a group run in partnership with McSence, Link Living and Enable Scotland's Midlothian local area co-ordination team. On the first Friday of every month (from 19:00 – 22:30), we hold a disco for people with additional needs. Come along and join others for good music, dancing and a raffle! There is an entry fee of £1. If you need support please bring your own support staff.

Equal Futures

Hayweight House, 23 Lauriston Street, Edinburgh, EH3 9DO

Tel: 0131 281 7367

Email: info@equalfutures.org.uk

Website: www.equalfutures.org.uk

We specialise in developing circles of support to end loneliness and isolation for people with disabilities. We aim to help you to live the life you want through an improved social life; a personal future plan; and support and guidance to achieve your goals and aspirations. Phone or email us, or go to our website and complete a contact form.

Get2gether

c/o Thistle Foundation, 13 Queen's Walk, Edinburgh, EH16 4EA

Tel: 01382 220446

Email: info@oscr.org.uk

Website: www.get2gether.org.uk

We address the social isolation experienced by people with disabilities who want opportunities to find friendship and love in adult relationships. We believe that everyone has the right to love and friendship, and that meeting people should be easy, fun and accessible. So, we arrange social activities for people with disabilities in safe and friendly places in Edinburgh and the Lothians. Our members tell us what they're interested in – and that's what we do. From ping pong tournaments, to pantomimes, speed dating, dancing and meals out, karaoke, book groups, to life drawing, and everything in between!

Gig Buddies

Email: Samuel.maggs@thera.co.uk

Tel: 07738486001

Facebook: www.facebook.com/gigbuddiesscotland

We support people with a learning disability to get out to gigs and enjoy the social life they want. Everyone who signs up to the project gets paired with a 'Gig Buddy'. This is a volunteer who shares the same interests as them. Each pairing then choose which events they go to each month and enjoy their evening doing what they love.

Lothian Centre for Inclusive Living (LCiL)

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

Tel: 0131 475 2350 (Mon - Fri, 10.00 am to 4.00 pm)

Website: www.lothiancil.org.uk

We offer a programme of peer support across Edinburgh and the Lothians. Our peer support groups for disabled people, people with long term conditions, and for parents and carers. All of our groups are led by group members; their approach is characterised by respect, empathy, shared responsibility and mutual benefit; and the groups themselves decide on topics for discussion. We facilitate these groups, sometimes in collaboration with other organisations, and provide lunch. For more information, visit our website.

Social Work Support

Autism-specific For parents and carers

Pasda

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

Tel: 0131 475 2416

Email: info@pasda.org.uk

Website: www.pasda.org.uk

We offer advice and support to parents, relatives and carers who need to approach Social Care/Social Work for support assessments for an adult autistic family member. We can advise you about the process and help you to prepare for it so that you are able to present your case as well as possible.

General For parents, carers & autistic adults

Social Care Direct

Edinburgh & Midlothian:

40 Captain's Road, Edinburgh, EH17 8HN

Tel: 0131 200 2324

Or

West Lothian:

West Lothian Civic Centre, Howden South Road, Livingston,
EH54 6FF

Tel: 01506 281 028; or: 01506 281 029

Or

East Lothian:

Randall House, MacMerry Business park, MacMerry, EH33
1RW

Tel: 01875 824 309

Or

Out of hours Emergency Social Work Service : 0800 731 6969

Or

Email: socialcaredirect@edinburgh.gov.uk

Website: www.edinburgh.gov.uk

We administer three assessments to determine the support needs of people with disabilities including autism, and their parent's/carer's needs:

1) Community Care Assessment

This determines whether an autistic person needs residential care, day care, help at home, home adaptation, holidays, transport and any related social work services.

2) Disabled Person's Assessment

This is necessary to determine the autistic person's possible other support needs.

3) Carer's Assessment

This is to determine the parent's/carer's needs in order to ensure that you can continue caring for your autistic family member. To know what to expect from the process, you can find the our Carers' Guide to Carer Assessments on our website.

The Transition Team

Westfield House Social Work Centre, 5 Kirk Loan,
Corstorphine, Edinburgh, EH12 7HD

Tel: 0131 200 4060

Email: hsc.transition.team@edinburgh.gov.uk

Website: www.edinburgh.gov.uk/info/20078/children_and_families/612/moving_on_to_adult_services

We work with young people aged 14 to early 20s who have disabilities. We help support the to move from school and children's services, to adult services using a person-centred approach. If you need transition planning, you will be referred to us by the school when you are in S2. Contact us directly if you have not been referred and need to access the service. We will: assess your individual needs, strengths and assets and help put together a support package based on the outcomes you want to achieve; provide information and support to explore different options; give access to support and social support groups; ensure that you receive the benefits you are entitled to; support your move to further education or adult services; provide support if you are leaving college and require day services.

Support for Your Rights

Autism-specific For autistic adults

AMASE

Email: info@amase.org.uk

Website: www.amase.org.uk

Twitter: [@AmasEdin](https://twitter.com/AmasEdin)

We are an autistic people's organisation. All members are on the autistic spectrum. Our goal is to help autistic people make each other's lives better through peer support, advocacy and education. We advocate: equality and diversity in matters which affect autistic people, awareness-raising about autism from an autistic perspective; ensure that the autistic voice is given prominence in decisions affecting autistic people; and equal access to all aspects of society for autistic people. Full membership of AMASE is open to autistic adults aged 16 and over in Edinburgh, Lothians and Fife.

EARS Advocacy Service

14 Ashley Place, Edinburgh, EH6 5PX

Tel: 0131 478 8866

Email: info@ears-advocacy.org.uk

Or

28 Heatherbank, Ladywell, Livingston, EH54 6EE

Tel: 01506 205 840

One-to-one support: Joyce Watson

Group support: Karen Strang

Email: info@ears-advocacy.org.uk

Website: www.ears-advocacy.org.uk

We are an independent advocacy service for adults over 16 years of age with a learning disability or Autism in West Lothian. Our advocates will support you to speak up for yourself and to have your voice heard; provide opportunities for you to meet and self advocate on common issues; assist you to access the services you need to achieve your goals; provide the information you need to make informed choices and decisions; assist you to gain control over your situation; and protect your rights.

National Autistic Taskforce

Website: www.nationalautismproject.org.uk

We are wholly managed and run by autistic people.

Our focus is to help empower autistic adults, including those with less autonomy and higher support needs, to have a stronger voice in the decisions and direction of their own lives. We research, scrutinize and advocate on issues of importance to autistic people. We will also aim to develop and establish a community of practice that can genuinely contribute to transforming care.

General For autistic adults

ACE (ENABLE Scotland)

ACE Edinburgh, Birch House, Bankhead Crossway South, EH11 4EP

Email: drbarraclough@hotmail.com

Or

ENABLE, 3 Renshaw Place, Eurocentral, North Larnakshire, ML1 4UF

Tel: 0131 453 3186

Helpline: 0300 0200 101 Monday -Friday 9.00am - 5.00pm

Email: enabledirect@enable.org.uk

Website: www.enable.org.uk

We are a community of empowered people with learning disabilities. We connect people who have learning disabilities in their community around a shared cause; campaign to challenge barriers to an equal society for people with learning disabilities; and empower people who have learning disabilities to engage in activism to challenge society's perception on learning disability. Our monthly group meetings are a great way for people who have learning disabilities to have their voices heard, meet new people and feel included.

AdvoCard

332 Leith Walk, Edinburgh, EH6 5BR

Tel: 0131 554 5307

Email: advocacy@advocard.org.uk

Website: www.advocard.org.uk

We are a user-led, independent advocacy organisation. We support people with experience of mental ill-health and provide opportunities for people to participate more effectively in decisions that affect their lives. We offer individual advocacy for a wide range of issues, whether you are in the community or a hospital inpatient. We also offer collective advocacy for people who use mental health services. We help the group members to support each other, and to campaign on issues important to the group.

CAPS Independent Mental Health Advocacy

Old Stables, Eskmills Park, Station Road, Musselburgh, EH21 7PQ

Tel: 0131 273 5118

Email: advocate@capsadvocacy.org

Website: www.capsadvocacy.org

We provide individual advocacy for people aged 18-65 years old in East Lothian and Midlothian who have experienced a mental health issue. Our service is free. We can arrange for one of our advocacy workers to meet with you, when and where it suits you both. We can help you to deal with all sorts of issues relating to your mental health, such as housing, employment and services you use or would like to use.

Support for Your Rights

Partners in Advocacy

G/1 Links House, 15 Links Place, Edinburgh, EH6 7EZ
Tel: 0131 478 7723; Or 0131 478 7724

Email: edinburgh@partnersinadvocacy.org.uk

Website: www.partnersinadvocacy.org.uk

We offer one-to-one, issue based advocacy for people 16 years old or older who have a diagnosis of a learning disability and/or autism in Edinburgh, East Lothian and Midlothian.

People First (Scotland)

77 - 79 Easter Road, Edinburgh, EH7 5PW

Tel: 0131 478 7707 (Edinburgh)

Email: admin@peoplefirstscotland.org

Website: www.peoplefirstscotland.org

We are an organisation run by and for people with learning disabilities. We raise awareness of and campaign for the rights of people with learning difficulties and support self advocacy groups across the country. We offer collective advocacy for people with learning disabilities, including autism spectrum conditions.

General

For parents and carers

Edinburgh Carers Council

Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ
Or

Royal Edinburgh Hospital, Morningside Place, Edinburgh, EH10 5HF

Tel: 0131 322 8480

Email: info@edinburghcarerscouncil.co.uk

Website: www.edinburghcarerscouncil.co.uk

We provide carers with: information about mental health care and services for people with dementia, an acquired brain injury, learning disability, mental illness, or physical disability; individual advocacy services; and collective advocacy and training opportunities.

FAIR (Family Advice and Information Resource)

95 Causeway side, Edinburgh, EH9 1QG

Tel: 0131 662 1962, Monday - Friday, 9.00am - 5.00pm

Email: fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

We are an information and advice service for people with learning disabilities, their parents and carers. We provide a general advocacy service. Phone us to make an appointment.

Training

Autism-specific For parents and carers

National Autistic Society (NAS)

Training and Consultancy Services
C/O NAS Early Bird Centre, Barnsley Road, Dodworth,
Barnsley, S75 3JT
Tel: 0141 285 7117
Email: training@nas.org.uk
Website: www.autism.org.uk/professionals/training-consultancy.aspx

We provide up-to-date information on our website about parent workshops and training events across the UK.

Number 6 One-Stop-Shop

24 Hill Street, Edinburgh, EH2 3JZ
Tel: 0131 220 1075
Email: number6@aiscotland.org.uk
Website: www.number6.org.uk
We offer training for autistic people, their parents and carers, and for professionals including: Introduction to High Functioning Autism and Asperger Syndrome (3 hour session); and a more in-depth look at Asperger Syndrome issues and how they relate to statutory services (full-day session). These sessions are provided free of charge and would usually take place at the Number 6 office. Tailor-made, issue-specific training packages can be provided for a fee.

Pasda

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Tel: 0131 475 2416
Email: info@pasda.org.uk
Website: www.pasda.org.uk
We offer: support groups and sign-posting to appropriate services; training courses for carers of adults on the autistic spectrum; and a program of workshops on understanding autism and how to care for your autistic adult family member.

General For parents and carers

Lothian Centre for Inclusive Living (LCiL)

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Tel: 0131 475 2350 (Mon - Fri, 10.00 am to 4.00 pm)
Email: admin@lothiancil.org.uk
Website: www.lothiancil.org.uk
We offer training workshops for disabled people, people with long term conditions, and parents and carers. Our workshops offer the chance for people to learn new skills, increase their knowledge, meet new people and increase their confidence.

MHScot Workplace Wellbeing

101 Rose Street South Lane, Edinburgh, EH2 3JG
Tel: 0774 981 7473
Email: hello@mhscot-consultancy.co.uk
Website: www.mhscot-consultancy.co.uk
We offer a range of mental health and wellbeing training courses for individuals, organisations and corporates. Our courses include: Scotland's Mental Health First Aid Course; Choose Life - Suicide Prevention; and Stress Prevention, Mental Health and Wellbeing in the Workplace.

Midlothian Voluntary Action

4/6 White Hart Street, Dalkeith, Midlothian, EH22 1AE
Tel: 0131 663 9471
Email: info@mvacvs.org.uk
Website: www.mvacvs.org.uk
We offer a variety of training opportunities for professionals. However, individual carers may find some of our courses helpful. If there are spaces on any of our courses that interest you, we will be happy for you to attend. Contact us for specific information.

Sleep Scotland & TeensPlus

18G Liberton Brae, Edinburgh, EH16 6FE
Tel: 0131 468 4239
Email: enquiries@sleepscotland.org
Website: www.sleepscotland.org
Or
Inch Community Centre, 225 Gilmerton Road, Ravenscroft, Edinburgh, EH16 5UF
Tel: 0131 672 2555
Helpline: 0800 138 6565 (10.00am — 4.00pm)
Email: enquiries@teenplus.org.uk; Or sleepsupport@sleepscotland.org
Website: www.teenplus.org.uk
We provide a six day sleep counsellor training course for an education programme that raises teenagers' awareness of the importance of sleep for their health and wellbeing, and helps them implement positive sleep habits in their routines.

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh, EH6 5HB
Tel: 0131 622 6666
Email: centre@vocal.org.uk
Website: www.vocal.org.uk
Or

VOCAL Midlothian Carer Centre

Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX
Tel: 0131 663 6869
Email: midlothian@vocal.org.uk
Website: www.midlothiancarers.co.uk
We offer a wide variety of training for carers on a whole range of topics intended to support your carer role. Visit our website to find out what we can offer you.

Transport and Mobility

General

For parents, carers & autistic adults

Blue Badge Disabled Parking Permits

Website: www.mygov.scot/apply-blue-badge

These permits allow disabled drivers and drivers of passengers with severe mobility problems to park near where they need to go. You can apply online at the address above, or contact your local library.

National Entitlement Concessions Card

Edinburgh - Tel: 0131 200 2351

East Lothian- Tel: 01620 827 367; or: 01875 824 305

West Lothian - Tel: 01506 280 000

Midlothian - Tel: 0131 561 5455

Email: freebus@transportscotland.gsi.gov.uk

Website: www.transport.gov.scot/concessions-travel/60plus-and-disabled

In Scotland, people over sixty and individuals with disabilities are entitled to free Scotland-wide bus travel on nearly all services. Concessionary bus passes and taxi card (for permanent disability) application forms can be obtained from your local library, or you can contact your local authority on one of the telephone numbers above.

Motability

Tel: 0300 456 4566 (Monday to Friday: 8.00am - 7.00pm;

Saturday: 9.00am - 1.00pm)

Website: www.motability.co.uk

The Motability Scheme provides an affordable, worry-free way for people with disabilities to lease a car, scooter or powered wheel in exchange for their mobility allowance.

Thistle Assistance Card

Website: www.SEStran.gov.uk/projects/the-sestran-thistle-assistance-card

The South East Scotland transport partnership offers the Thistle Assistance Card. The card is for anyone who is old, frail, or has a disability, and needs help to get on and off buses, trains, trams or ferries. The card has several peel-off stickers that can be given to the driver or conductor to inform them of your need for help. Contact us on our website to apply for a card.

Traveline Scotland

Tel: 0871 200 2233

Website: www.travelinescotland.com

Traveline provides timetables for bus, coach, train, metro, ferry and plane travel options you may need; and an easy to use journey planner. You can use these helpful tools on our website, or you can download the app onto your mobile phone for use wherever you are.

Useful Resources

Autism Facebook Groups

Autism Network Scotland

www.facebook.com/AutismNetworkScotland/

Autism Scotland

www.facebook.com/groups/autismscot/about/

National Autistic Society Scotland

www.facebook.com/autismscotland/

Autism Triage Scotland

www.facebook.com/groups/autismtriagesscotland/

Scottish Women's Autistic Community (SWAN)

www.facebook.com/swans.scotland/

Autism Websites

Autism Links

<https://www.autismlinks.co.uk/>

Autism - NHS

<https://www.nhs.uk/conditions/autism/>

Autism Network Scotland

<https://www.autismnetworkscotland.org.uk/>

Community Access Team

<https://www.midlothian.gov.uk/downloads>

Knowledge Network

<https://www.knowledge.scot.nhs.uk>

Midlothian Access Point (Midspace Mental Health and Wellbeing Information Service)

<http://midspace.co.uk/>

National Autistic Society Scotland

<https://www.autism.org.uk/services/scotland.aspx>

National Autistic Society Website

<https://www.autism.org.uk/about/what-is.aspx>

Self-Directed Support Scotland

<http://www.selfdirectedsupportscotland.org.uk>

Scottish Autism

<https://www.scottishautism.org>

Online Information

Autistic Community Discussion Space

[#ActuallyAutistic](https://www.facebook.com/ActuallyAutistic/)

Disability Information Scotland

<https://www.disabilityscot.org.uk>

This is an online directory of disability service providers .

Each entry is dated so that you can see when each service provider's information was last updated.

Disabled Go

Tel: 01438 842710

Email: hello@accessable.co.uk

Website: <https://www.disabledgo.com>

Online information about the accessibility of a huge range of venues for disabled people. Visit our website to check the accessibility of venues in advance, or download our free 'AccessAble on the Go' App to use wherever you are.

National Autistic Society (NAS) Social Skills

Website: www.autism.org.uk/socialskills

This is a webpage that provides useful guidelines to help autistic people to communicate more effectively with other people.

Portsmouth University

Autism Employment Toolkit

[https://sites.google.com/port.ac.uk/](https://sites.google.com/port.ac.uk/autismemploymenttoolkit/home)

[autismemploymenttoolkit/home](https://sites.google.com/port.ac.uk/autismemploymenttoolkit/home)

Royal College of General Practitioners

Autism Spectrum Disorders Toolkit: Guidance for patients and carers

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/asd-toolkit.aspx>

Useful Resources

Products & Equipment

CEA Card (Cinema Exhibitors' Association)

PO Box 199, Deeside, CH5 9BW

Tel: 01244 526 016

Email: info@ceacard.co.uk

Website: www.ceacard.co.uk

A national card that verifies that the holder is entitled to one free ticket for a person accompanying them to the cinema.

Printed application forms are available from cinemas supporting this card, or visit our website to apply for a card.

Each card costs £6.00.

Oranurse

Website: www.oranurse.co.uk

Oranurse is a toothpaste produced by Dent-o-care which was intended for use with children on the autism spectrum. This product can be ordered from most pharmacies or online from Amazon or eBay.

PassITon

14 Wardie Avenue, Edinburgh, EH5 2AB

Tel: 0131 476 1645

Email: admin@passitoncomputers.co.uk

Website: www.passitoncomputers.co.uk

We provide free computer systems to people who are unable to access publicly available computers because of disability or long-term health conditions. We adapt and customise donated equipment to our client's needs; and set up internet connections and install the computer system free of charge, to ensure that clients enjoy the benefits of today's digital technology in their daily lives.

Resource packs, books & videos

NHS Lothian Adult ADHD & ASD Resource

Team: Resource Packs

Email: ADHD&ASD.ResourceTeam@nhslothian.scot.nhs.uk

Website: [apps.nhslothian.scot/refhelp/guidelines/ResourcesLinks/Adults with ADHD](http://apps.nhslothian.scot/refhelp/guidelines/ResourcesLinks/Adults%20with%20ADHD)

- Information for Adults Following Diagnosis of Autism Spectrum Disorder
- Self-help Pack for people with ADHD

Pasda Library

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

Tel: 0131 475 2416

Email: info@pasda.org.uk

Website: www.pasda.org.uk

Our library has a helpful range of at least 200 books, booklets, CDs and DVDs on a broad range of autism-related topics that will help with understanding autism, living with autism, living with someone who is autistic, life, love, relationships, sexuality and more.

Scottish Autism - Right Click Programmes

Tel: 01259 720 044

Autism advisor line: 01259 222 022

Email: rightclick@scottishautism.org

We offer programmes for families of autistic adults, and for autistic females of all ages. They provide information on key health and wellbeing challenges; and a range of practical advice about: diagnosis, education, employment, positive living and parenting. We offer a comprehensive online support resource and an assigned autism advisor who can answer questions and provide advice. To find the programmes, go to the following website addresses:

Right Click Programme for families of autistic adults

www.scottishautism.org/services-support/support-families/online-support-right-click

Or

Right Click Programme for women & girls

www.scottishautism.org/services-support/support-families/women-and-girls-online-support

The Decider Skills

Website: www.the-decider.org.uk

Training and resources to help people to develop skills to recognise their own thoughts, feelings and behaviours, cope effectively with distressing emotions and situations, and to monitor and manage their own emotions and mental health.

The Girl with the Curly Hair Project

Email: alis@thegirlwiththecurlyhair.co.uk

Website: www.thegirlwiththecurlyhair.co.uk

We offer: 1) A range of useful books and booklets on autism in girls and women; issues of interest to all Asperger's people; and on relationship advice for couples on the spectrum. 2) Animated films about living with Asperger's, based on the real life autistic author, Alice Rowe. These films help people to understand autism in girls and women better, and help anyone who is autistic to realise that they are not alone. 3) Counselling for autistic adults, their parents and carers, on autism spectrum disorders (ASD), Asperger's, and pathological demand avoidance (PDA). Costs: £42 per hour for telephone or online appointments, or £72 per hour for face-to-face appointments.

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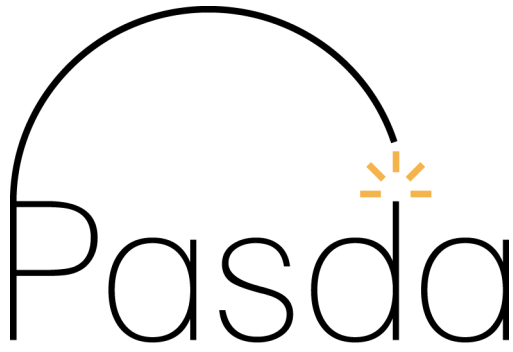
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Helplines and Emergency Contacts

Local 24 Hour Emergency Services	Telephone Number
Accommodation: Castlecliff Hostel	0131 225 1643
Dental Services	0131 536 4800
Gas emergency (if you smell gas)	0800 111 999
Mental Health Assessment, Royal Edinburgh Hospital	0131 537 6000
NHS 24	111
Police, Ambulance and/or Fire - emergency	999
Police: non-emergency	101
Social Care Direct: emergency	0800 731 6969
Non-emergency	0131 200 2324
Crisis Helplines	
Breathing Space (Mon-Thur 6pm-2am, Fri 6pm—Mon 6am)	0800 83 85 87
CALM (24 hour Helpline for suicidal men)	0800 58 58 58
Crisis Centre (24 hour Helpline)	0808 801 0414
Papyrus Hopeline (for suicidal people younger than 35—10am—10pm)	0800 068 41 41
Rape Crisis Scotland (6pm—Midnight)	08088 01 03 02
Samaritans (24 hour Helpline)	116 123
Saneline (4.30 - 10.30)	0300 304 7000
Scottish Domestic Abuse (24 hour Helpline)	0800 027 1234
Women's Aid (24 hour Helpline for women)	0800 2000 247
Other Useful Services	
Access Point (housing, social work and health assistance)	0131 529 7438
Advice Shop (City of Edinburgh Council, Benefits Advice)	0131 200 2360
AdvoCard—Mental Health Advocacy	0131 554 5307
FAIR (Family Advice and Information Resource)	0131 662 1962
Legal Services Agency	0131 228 9993
Shelter's Free Housing Advice Line	0808 800 4444



Supporting parents and carers of autistic adults

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