**Where can I go in East Dunbartonshire for advice or support for someone with
additional support considerations?**

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| **What do you need support with?** | **Where to go** | **What they do** | **Where to find them** |
| Finding local services in East Dunbartonshire | **Asset Map** | A website which has collated a list of all local services and organisations so you can easily search for opportunities which you are seeking  | [www.eastdunassets.org.uk/](http://www.eastdunassets.org.uk/)  |
| Overcoming difficulties achieving goals and feeling more included in the community  | **Local Area Co-ordinators (LACs)** | Support people with an autism and/or mild learning disability diagnosis (over 14 years old) to fulfil their ambitions such as finding employment, preparing for further study, increasing social networks and building independence. Also offering signposting and information to those under 14 or on the diagnosis waiting list.  | LACs@eastdunbarton.gov.uk  |
| Additional struggles with mental health  | **EDAMH (East Dunbartonshire Association for Mental Health)** | Offer 1:1 recovery-focussed support to people experiencing ill mental health for up to 6 months (must be over 18 years old and without a learning disability) | [www.edamh.org.uk](http://www.edamh.org.uk)0141 955 3040 |
| Advocacy | **Ceartas** | Provide independent advocacy on issues including communicating with social work, guardianship, accessing extra support for education or employment and PIP assessments, among many other things  | [www.ceartas.org.uk](http://www.ceartas.org.uk) 0141 775 0433 |
| Advice and help applying for benefits | **Citizens Advice Bureau** | Advice on a range of topics including financial, legal and healthcare issues. CAB within East Dunbartonshire also have a dedicated service to help understand and apply for disability benefits. | [www.edcab.org](http://www.edcab.org) 0141 557 3220 |
| Support for carers | **Carers Link** | Provide support to carers within EDC by offering 1:1 support, information, advocacy, courses, groups and overall listening to your needs to support you within your caring role. | [www.carerslink.org.uk](http://www.carerslink.org.uk) 0800 975 2131 |
| Autism parent and carer forum | **Local Area Co-ordinators** | LAC’s run a monthly parent and carer forum for those who have a caring responsibility for someone on the autism spectrum (any age and any stage of diagnosis) – talks from invited speakers and peer support  | LACs@eastdunbarton.gov.uk |
| Advice for options after school | **Skills Development Scotland**  | Provide assistance creating a CV as well as advising on which jobs are most suitable to apply for and signposting for employment support | [www.skillsdevelopmentscotland.co.uk/local-national-work/east-dunbartonshire](http://www.skillsdevelopmentscotland.co.uk/local-national-work/east-dunbartonshire) 0141 777 5860 |
| Leaving school without a planned destination | **No One Left Behind** | Support to find and engage with post-school opportunities to gain skills and independence | maureen.oneill@eastdunbarton.gov.uk |
| Support preparing for, or finding employment | **Enable** | All-age support to prepare for and find suitable employment for anyone facing barriers to finding work | Marianne.mcnab@enable.org.uk  |
| **Fair Start** | All-age support to prepare for and find suitable employment for anyone facing barriers to finding work, more suitable for those closer to the employment market | Laura.Pettigrew@thelennoxpartnership.org  |
| Finding volunteering experience | **EDVA (East Dunbartonshire Voluntary Action)** | Assisting people within EDC to find positive volunteering opportunities, and providing ongoing support throughout.  | [www.eastdva.wixsite.com/edva](http://www.eastdva.wixsite.com/edva)0141 578 6680 |
| Social opportunities and support for those experiencing recovery | **GRACE**  | A peer led organisation for adults that are dealing with some kind of recovery (mental health, alcohol, bereavement etc). They offer advice and support, activities and educational courses across EDC  | [www.graceaftercare.net](http://www.graceaftercare.net)Facebook search *‘G.R.A.C.E.*’ |
| Finding local activity groups | **EDC website** | A list of local social and activity groups for those with an ASN  | [www.eastdunbarton.gov.uk/health-and-social-care/disability-services/additional-support-needs-activity-groups](http://www.eastdunbarton.gov.uk/health-and-social-care/disability-services/additional-support-needs-activity-groups) |
| Social work support | **EDC social work advice and response team** | Guidance on what social work services are available, and to request a social work assessment  | 0141 777 3000 |
| Staying up to date with local ASN opportunities  | **Local Area Co-ordinators** | The LAC’s send out a monthly newsletter highlighting local opportunities, services and events which might be of interest to the ASN community | Email: LACs@eastdunbarton.gov.uk to be added to the mailing list |
| Advice and information about a young person’s experience of school | **Enquire** | Scottish advice service for additional support for learning  | [www.enquire.org.uk/](http://www.enquire.org.uk/)  |
| Support sustaining tenancy or preparing for independent living (aged 14-25) | **Project 101** | Supporting people to identify housing options, manage existing tenancies, and learn independent living skills | [www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101](http://www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101) Project101@eastdunbarton.gov.uk |
| Information and support around Self Directed Support  | **Take Control**  | Self-Directed Support is about you having choice and control over your life and support needs.  | [Take Control - East Dunbartonshire - GCIL](https://www.gcil.org.uk/support/take-control/take-control-east-dunbartonshire.aspx) 0141 776 2219/6342infoed@takectrl.org.uk  |
| Information events about local Autism services, and opportunities to meet other families of younger people with autism  | **Creatovators**  | Running regular ‘You Are Not Alone’ information sessions for families supporting an autistic person in EDC, as well a regular Playschemes  | [www.creatovators.com/](http://www.creatovators.com/) info@creatovators.com 0141 401 0560  |
| Local sports opportunities for young people of school age  | **Active Schools**  | Working closely with schools and local sports groups to support young people to engage with sporting opportunities  | [www.edlc.co.uk/sport-leisure/active-schools/meet-active-schools-team](http://www.edlc.co.uk/sport-leisure/active-schools/meet-active-schools-team)  |
| Social work support for children with disabilities  | **Children with Disabilities team**  | Information about eligibility criteria available on webpage  | <https://www.eastdunbarton.gov.uk/health-and-social-care/disability-services/children-disabilities>  |
| Social work support for adults with a Learning Disability diagnosis  | **Joint Learning Disability Team** | Information about eligibility criteria available on webpage  | <https://www.eastdunbarton.gov.uk/health-and-social-care/disability-services/learning-disabilities>  |
| Support for those who are worried about alcohol or drug use  | **We Are With You**  | 1:1 advice and support for those who are concerned about alcohol or drug use, including trauma counselling  | [www.wearewithyou.org.uk/services/east-dunbartonshire-for-young-people/](http://www.wearewithyou.org.uk/services/east-dunbartonshire-for-young-people/)  |

This resource was created by EDC’s Local Area Co-ordinators, if you have any suggestions for how it could be updated or changed then please email LACs@eastdunbarton.gov.uk