

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

- **Carers Link**
 - Support for those with a caring responsibility in East Dunbartonshire including 1:1 support, help applying for funding for short breaks and respite, coffee mornings, yoga, mindfulness, training, support for young carers and more
 - www.carerslink.org.uk/
- **At Ease With Autism**
 - Local support group for parents, grandparents and carers for autistic people, meeting at the St Pauls Parish Church Friday at 1pm (except school holidays)
 - Contact Alison for more information: 07925 380 990
- **SAND (Supporting Autism and Neurodiversity) training**
 - A free 6 week block of training run by neurodiverse Occupational Therapist Heather Wright on the subjects: '*Understanding Autism and Neurodiversity*', '*Communication*', '*Processing Differences*', '*Sensory Issues*', '*Arousal and Behaviour issues*' and '*Getting it right*'. Once you have done the 6 week block then you can attend additional add-on sessions on various topics
 - www.carerslink.org.uk/carers-autism/
- **Trauma Informed Parenting training**
 - Training for parents and carers on how to support yourself and your child to cope with their behaviours that challenge (open to anyone with a child with additional support considerations)
 - www.traumainformedparenting.uk/
- **Local Area Co-ordinators parent and carer forum**
 - A monthly meeting for those in East Dunbartonshire who have a caring responsibility for someone on the autism spectrum, at any age and any stage of the diagnostic process (not just 14+ and formally diagnosed like their 1:1 work). Always on the 2nd Wednesday of every month from 6-8pm alternating between in person and online on MS Teams. There are guest speakers invited to the online sessions to talk about a range of subjects, and also an ASN newsletter sent out every month to the mailing list along with the meeting minutes for those who couldn't attend.
 - LACs@eastdunbarton.gov.uk (Email the team to request more information or to be added to the mailing list)

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

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