


Useful services in East Dunbartonshire for those with an ASN and their families

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/
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 and to parents & carers.	LACs@eastdunbarton.gov.uk
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 0141 955 3040
	Compassionate Distress Response Service	For young people aged between 16 - 25 who are experiencing acute emotional distress, but do not require medical or specialist support. Short term support for 4 weeks.	https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/14059%201edb1116/
	Primary Care Mental Health team	Short-term mental health intervention for those over 18 years old	https://link.webropolsurveys.com/Participation/Public/07290a2d-007f-4051-8eb0-c08e6985342b?displayId=Uni3242250

Social work support	EDC social work advice and response team	Guidance on what social work services are available for physical and mental health, and learning disabilities – can also request a social work assessment	0141 777 3000 Ask for the ' <i>Children's Advice and Response team</i> ' or the ' <i>Adult Advice and Response team</i> '
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 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 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 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	Support to look into appropriate further education options as well as providing some support to consider employment options, including apprenticeships	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
Parents looking for support into employment	Parental Employment Programme	Supporting parents to access training, increase job prospects, and find employment.	Fiona.sherry@eastdunbarton.gov.uk
Support preparing for, or finding employment	Enable	All-age support to find employment for those with an ASN facing barriers to finding work	Lesley.laird@enable.org.uk
	The Lennox Partnership	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	Info@thelennoxpartnership.org
	Local Area Co-ordinators	Support for those with an Autism or Mild Learning Disability diagnosis (14+) to prepare for, find and sustain employment	LACs@eastdunbarton.gov.uk
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 0141 578 6680
Social opportunities and support for those in recovery (including mental health, grief, loneliness etc.)	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 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	 ASN activity list.docx or google search 'EDC ASN activity list'

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
Information and support around Self Directed Support	Take Control	Offering advice and support to prepare for and manage Self Directed Support options (funded through social work)	Take Control - East Dunbartonshire - GCIL 0141 776 2219/6342 infoed@takectrl.org.uk
Information sessions about Autism & opportunities for younger people	Creatovators	Running regular 'You Are Not Alone' Autism information sessions for families, as well a regular Playschemes	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	https://www.edlc.co.uk/sport-leisure/active-schools/
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	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/
	East Dunbartonshire Alcohol and Drugs Recovery Service	Multi-disciplinary team there to assess the needs of and support adults experiencing alcohol or drug problems	https://health.eastdunbarton.gov.uk/services/a-z-of-services/health-and-wellbeing/alcohol-and-drugs-recovery-service/

Training for parents and carers to learn more about Neurodiversity	‘Supporting Autism and Neurodiversity’ sessions – Carers Link	Initial block of 6 sessions covering a range of topics to help educate parents and carers about Neurodiversity, and support strategies. 1:1 support also offered to discuss specific issues and training also available to teenagers who have recently received their diagnosis.	https://carerslink.org.uk/carers-autism/
Legal advice & guidance about ASN education	Enquire	Scottish advice service for both parents, professionals and young people to know about legal rights and supports available while in education	https://enquire.org.uk/
	Govan Law	Providing free legal representation in appropriate education law cases to parents or pupils, as well as providing information and guides for pupils, parents and schools on aspects of education law – in particular ASN education.	https://govanlawcentre.org/education-law-unit/
	Partners in Advocacy	Providing advocacy for young people in Scotland, including partnership working with My Rights My Say which provides education advocacy to those aged between 12-15 years	https://www.pia.scot/
Accessing support for specific issues faced by families with younger children (0-5 years)	Supporting Families team	Providing advice and support that is tailored to the individual needs of the family. Strategies and advice are evidenced, researched based, and designed to support and build your confidence as a parent/carers, promoting positive and secure relationships with children	https://www.eastdunbarton.gov.uk/residents/schools-early-years-and-learning/early-years/parent-and-family-learning
Questions about local housing	EDC Housing team	Applying for and sustaining council tenancies, support with issues relating to	https://www.eastdunbarton.gov.uk/services/a-z-of-services/housing-properties/

options and managing tenancies		homelessness & general advice about housing	or call 0800 123 4510 and ask to speak to the housing department
	Project 101	Supporting people (aged 14-25) to identify housing options, manage existing tenancies, and learn independent living skills – prioritising those facing homelessness due to current home situation	www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101 Project101@eastdunbarton.gov.uk
Support for young people and their parents	Whole Family Wellbeing Team	Offering a range of services in key EDC areas for young people and their parents, including services such as sleep training, parent support, school-based social workers, young people Local Area Co-ordinators, youth work and home link work.	https://www.eastdunbarton.gov.uk/services/a-z-of-services/primary-secondary-and-early-years-education/whole-family-wellbeing-team/
Counselling for young people	Life Links	Free counselling sessions for young people of school age – can be contacted directly or through school for more information	https://www.lifelink.org.uk/east-dun-secondary-content/
Information about Autism and advice about strategies and local/national services	National Autistic Society	A wealth of information about autism for individuals, families and professionals. Also running programmes for those on the spectrum and also offering training.	https://www.autism.org.uk/
	Scottish Autism advice line	Free advice line to ask questions about Autism and supports available – running Mon, Tues, Thurs & Fri 10am-4pm. Also offering information about Scottish Autism's 'Get Set 4 Autism' programme	https://www.scottishautism.org/services-support/support-individuals/autism-advice-line-01259-222-022 or call 01259 222 022
	Scottish Women's Autism Network (SWAN)	Support for Autistic women (or identifying as women) across Scotland, over the age of 18.	https://swanscotland.org/

Guidance, information and support for sleep issues with young people	Sleep Action	Edinburgh based organisation offering Scotland-wide information and support for families of young people who have sleep difficulties	https://sleepaction.org/
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If you are looking for advice or support with any other area, feel free to contact the Local Area Co-ordinators who can signpost you to other local services.

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