


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

<u>Activity</u>	<u>Description</u>	<u>Website</u>	<u>Contact details</u>
The Sporting Aces	Multi-sports at recreational level for people with a Learning disability and/or Autism in Kirkintilloch. Groups for ages 5+, all sessions are free.	www.thesportingaces.co.uk	Manager.thesportingaces@yahoo.com
Creatovators	Sessions for those with an ASD in East Dunbartonshire including Lego therapy, group activities and Playschemes. Targeted at younger children but open to all ages.	www.creatovators.com	June Grindley – 07981 656 184 or june@creatovators.com
The Spectrum Film Club	A monthly inclusive cinema night at Kilmardinny house in Bearsden for people with an ASN of all ages – all films have been chosen by the audience	https://www.eastdunbarton.gov.uk/health-and-social-care/services-children-families/spectrum-film-club	Local area co-ordinators – LACs@eastdunbarton.gov.uk
M.A.G.S.S. ('Manga, Anime, Games and Sci-fi Society)	A social group to talk about shared interests in M.A.G.S subjects, meeting every Thursday at the Kirkintilloch town hall from 5-7pm, alternating between group discussion and board games (16+). Contact Ashleigh before attending.	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Midpoint	An informal drop-in group for those on the Autism Spectrum (16+). An open space for you to do whatever activities you like – ie. playing games, doing homework, playing pool, doing personal art projects, chatting, or reading books. Bishopbriggs Community Church Hall every Wednesday	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk

	from 6-8pm. Contact Ashleigh before attending.		
Womens group (Kirkintilloch and Milngavie)	An opportunity for neurodivergent women (16+) to socialise and take part in fun activities chosen by the women who come. E.g. games nights, movie nights, themed pamper parties and hearing from external speakers about health issues that matter to women. Wednesday's, 6pm-8pm at Enterprise House, Kirkintilloch and 6.30-8.30pm the Allander resource centre, Milngavie. (16+) Contact Ashleigh before attending.	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Mens group (Kirkintilloch and Milngavie)	An opportunity for neurodivergent men (16+) to socialise and take part in fun activities chosen by the men who come. Tuesdays, 6:30pm-8:30pm in the Hillhead Community Centre and Allander resource centre, Milngavie. (16+) Contact Ashleigh before attending.	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Bowling group	Bowling group in Kirkintilloch meeting every Monday & Tuesday (currently operating a waiting list for new members) (16+) 6-8pm. Contact Ashleigh before attending.	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Monday social club (Kirkintilloch and Milngavie)	An opportunity for the neurodivergent community to come together and socialise whilst taking part in games nights, karaoke and quiz nights and generally having fun. Mondays, 6pm-8pm running in both the Kirkintilloch Town Hall and 6.30-8.30pm Allander Resource centre in Milngavie. (16+) Contact Ashleigh before attending.	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk

New Roots Food Growing & Gardening Initiative	Food growing initiative for those with an ASN based between Kirkintilloch, Twechar and Milngavie. Group and family sessions available contact Callum for more information.	www.newrootsfoodgrowing.co.uk/	Callum Christie - newrootsfoodgrowing@gmail.com
ASN book club	Peer-run book club for members of the Neurodivergent community (16+) ever second Monday at the William Patrick Library in Kirkintilloch from 4-5pm	-	Contact the William Patrick Library for more information – 0141 777 3141
Sounds of the Gallery band	Band based in Auchinairn for those with an ASN, meeting every Wednesday from 1:00pm-3:30pm (14+)	-	Outreach team leader – Ashleigh.grant-ng@eastdunbarton.gov.uk
Tourette's Support Group	Open to those with Tourette's and their families, meeting on the 4 th Wednesday of each month at the Allander Resource Centre from 6:30-8pm	www.tourettescotland.org/local-groups	Gillian – Gillian@tourettescotland.org
Cairns Inclusive Dance sessions	Dance classes promoting friendship, fitness, confidence and performance. Classes available from pre-school to secondary/young adults. Every Thursday (Term time).	-	Tracey Hannah - 07707792399 or cairnsincdance@gmail.com
Aye Can Dae activities	Wellbeing workshops and activities for children & adults with an ASN including music/dance classes and social opportunities	www.facebook.com/ayecandae	Eilidh McLaren– 07847 225 284 or ayecandae@outlook.com
Disability sport finder	Website to search for sporting activities within your local area for those with a disability	www.disabilitysportfinder.org.uk	-
Creative Sparks theatre arts	An all inclusive community arts organisation running weekly youth theatre classes for young people and a host of	www.creativesparktheatrearts.co.uk/	Jennifer McDonald – 07828 731 407 or jen@creativesparktheatrearts.co.uk

	community arts projects for adults and families		
Active schools ASN opportunities	Booklet containing details of sports opportunities for those with an ASN in East Dunbartonshire for ages 4+.	 Active schools ASN groups flyer.pdf	karen.borland@eastdunbarton.gov.uk or Karen.oconnor@eastdunbarton.gov.uk or 0141 777 3023
Contact point social groups	Social interaction groups twice a week in Kirkintilloch	www.contactp.co.uk	0141 776 4391 or contactp@yahoo.com
Creatovators drop in sessions	For those with an ASN (11+) to interact in a safe space while providing an opportunity for parents to get some peer support at the same time	www.creatovators.com	info@creatovators.com
Nectarine	A facebook page created to share opportunities, events and information for young people with ASN in East Dunbartonshire	https://www.facebook.com/groups/577774977799523	
Gymboree	Play, music and sensory classes in Milngavie for 0-5 years	https://gymbo.co.uk/locations/bearsden-milngavie/	07943 911 892 or bearsdenandmilngavie@gymbo.co.uk
Peace Yoga	Yoga for children and young people with additional support considerations, based in Bishopbriggs.	'Peace Yoga for special needs' on Facebook	katie@peace-yoga-sn.co.uk
Friendship Club	Friendship Club is a Christian Group designed to support young people with learning disabilities (or other ASN) to come and know Jesus. Based in St. Columba's Hillhead Church. 6:30pm – 8pm on the 2nd and 4 th Wednesday of each month.	-	Patsy 07731772620 (no booking required)

EDC Football Development programme	Local football sessions for 5-12 years old	-	https://www.edlc.co.uk/sport-leisure/football/football-development-programme/
Buildovators Plus	A group for young people aged 11+ to work with Lego, explore new friendships and have a safe, supporting space. The cost is £5.	www.creatovators.com	milly@creatovators.com
Some recommended groups in nearby authorities -			
Riding for the disabled	Horse riding sessions for people with disabilities of all ages, based in Summerston	www.rdaglasgow.org	rda@rdaglasgow.org or 0141 945 1369
Meetup.com	A range of social groups for specific interests in Glasgow and East Dunbartonshire (ie. anime fans, walking groups, dancing groups, music lovers etc.) Has some ASD-specific meetup groups.	www.meetup.com	-
Dates n mates	A range of social groups for people with a Learning Disability over 18 years old eg. club nights, karaoke, speed dating, quiz nights, bowling etc.	https://datesnmates.org.uk/	glasgow@datesnmates.org.uk
Paragon music	Inclusive opportunities in music, dance and theatre classes	www.paragon-music.org	-
Project ability	2 different art groups – ‘Aspire’ for people 18+ with learning difficulties to work on their own art project, and ‘Reconnect’ for people who are suffering from mental health considerations	www.project-ability.co.uk/workshops	0141 552 2822 or info@project-ability.co.uk
Indepen-dance	An inclusive dance company based at the Pearce institute	www.indepen-dance.org.uk/	admin@indepen-dance.org.uk or 0141 552 3555

Glasgow Disability Alliance (GDA)	Regular free learning opportunities available to anyone disabled or with a long-term condition. Activities take place online and in person. We can offer taxis, lunch and personal assistance.	www.gda.scot/events/	0141 556 7103 or info@gdaonline.co.uk
Shining Stars	An inclusive theatre group in Coatbridge	https://www.facebook.com/ShiningStarsTheatreSchool	-
Bouncy Bees	A rebound and multi-sensory playroom in Glasgow	https://bouncybees.uk/	-

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

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

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