
Dundee Adult Information, Advice and Support Hub

Directory of Support

This directory offers suggestions of both local (Dundee) and national supports. This directory is not extensive but may be helpful for anyone looking to take the initial steps in reaching out for support.

If you require further information, support, guidance or signposting, please get in touch with Scottish Autism's Connections team using the below details:

Phone: 03030 034 020

Email: dundeconnections@scottishautism.org

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Autism Support

1. Scottish Autism

Dundee Connections

This is Scottish Autism's information, advice and support hub in Dundee. Connections provides information and support for adults who identify as autistic, at any point of their journey, with or without a formal diagnosis, either in person or virtually, through 1:1 appointments or drop ins. The service also provides peer support groups and can direct individuals to community social activities and other support services in Dundee.

Call: 03030 034020

Email: dundeeconnections@scottishautism.org

Website: www.scottishautism.org/dundeeconnections

Click and Connect

Click and Connect offers 4 free online groups via Zoom. These groups include an Art and Choir Group for those who enjoy being creative, an Autism Peer Support Group for an informal and relaxed space for support and discussion, and a Mindfulness for Autism Group for those who are looking to reduce the impact of stress.

The groups are a great way for autistic adults to come together virtually and meet new and like-minded people in a safe and friendly environment.

Website: <https://www.scottishautism.org/click-and-connect>

2. Autism Initiatives

Post Diagnostic Support

Autism Initiatives delivers post diagnostic support to autistic adults across Scotland. Through this support Autism Initiatives delivers 8 virtual group sessions, where autistic adults can connect. Through the sessions, various topics are explored, such as increasing an understanding

of autism, appreciating the positives of an autistic neurotype, and developing strategies to respond to difficulties.

Website for National Post Diagnostic Support: <https://www.autisminitiatives.org/local-authorities/our-services/postdiagnosticsupport>

Number 3

As well as the post diagnostic support mentioned above, Autism Initiatives also offer support locally through Number 3, Perth's One Stop Shop. Number 3 is a service for autistic adults (16 and over) with a formal diagnosis. The team at Number 3 provide a variety of support across Tayside with an element which provides support to those who reside in Dundee.

Website for Number 3 (Local Support): <https://perthoss.org.uk/>

3. National Autistic Society

NAS Dundee and Angus Branch

A range of groups across Dundee and at the NAS hub in Arbroath on Lindsay Street.

An up-to-date calendar of events can be found on their website or on Facebook;

Website: <https://www.autism.org.uk/what-we-do/branches/nas-dundee-angus-branch>

Facebook: <https://www.facebook.com/nasdundeeandangus/>

Embrace Autism

Embrace Autism supports autistic adults who are looking to explore their autistic identity and learn how to navigate life post diagnosis (formal or self-diagnosis).

Through this programme autistic adults can attend an online series of 6 group sessions, where up to 10 autistic adults will share experiences and strategies. The group also aims to connect autistic adults, creating peer-support networks that will last beyond the programme.

There is also a suite of online videos which are accessible to autistic adults across Scotland. The videos cover topics such as autistic identity, masking, relationships and employment.

Website: <https://www.autism.org.uk/what-we-do/scotland/embrace-autism>

Connections

Connections is a programme of support open to autistic adults aged 25 to 55, aimed at tackling social isolation and loneliness. Connections hopes to build connections between autistic adults facing similar transitions, life stages and challenges such as unemployment or late diagnosis.

Website: <https://www.autism.org.uk/what-we-do/scotland/connections>

4. Autism Right Group Highland (ARGH)

ARGH currently offers online groups for autistic adults living in Scotland who have received a diagnosis in the last 5 years. Topics covered in these groups include what it means to be autistic in a neurotypical world, accessing benefits and human rights.

Website: <https://arghighland.co.uk/post-diagnostic-courses/>

5. Scottish Women's Autism Network (SWAN)

SWAN offer a variety of supports including pre-diagnostic drop-ins, post diagnosis groups and wellbeing webinars for women and non-binary people, 18+ living in Scotland. They offer volunteer-led/autistic-led meet ups in Dundee and Broughty Ferry, including a walking group.

Website: <https://swanscotland.org/services-and-events> or Facebook with a private Facebook group for autistic women and non-binary people living in Scotland called "SWAN Conversations"

6. Tayside Adult Autism Consultancy Team (TAACT) Waiting List Resource Information

Tayside Adult Autism Consultancy Team's Autism Assessment waiting list resource booklet is available to view online:

https://www.nhstaysidecdn.scot.nhs.uk/NHSTaysideWeb/idcplg?IdcService=GET_SECURE_FILE&dDocName=PROD_371060&Rendition=web&RevisionSelectionMethod=LatestReleased&noSaveAs=1

Mental Health and Wellbeing

Local Supports

1. Penumbra

Hope Point

Hope Point can offer practical and emotional support if you are experiencing thoughts of suicide, or if you are reaching a point of emotional distress and overwhelm.

Hope Point is open 24/7 and free to access for anyone in Dundee. The service offers a compassionate listening ear and a safe space to talk to plan your way forward safely.

You can contact the service by;

Calling, 0800 955 0008

Texting, 01382 604 123

Drop in, 24/7, at The Centre, 4 South Ward Road, Dundee, DD1 1PN

Website: <https://www.penumbra.org.uk/services/hope-point-dundee-wellbeing-support/>

Penumbra also have the following support options within Dundee;

- Self-harm Support Service (16+) Call 01382 223487
- Nova, One to one and group support (16+) Call 01382 223487
- Carers' Support Service for those supporting and caring for people suffering from mental health issues (16+) Call 01382 223487

Further information about Penumbra's services can be found here:

<https://www.penumbra.org.uk/services/>

2. Wellbeing Works

Wellbeing Works is a local charitable organisation based in Dundee offering support and a variety of activity-based groups with the aim of promoting better health and wellbeing. Activities include gardening, walk and talks, and mindfulness sessions.

Call: 01382 227288

Website: <https://www.wellbeingworksdundee.org.uk/>

3. Art Angel

Based in Dundee City Centre, Art Angel support individuals 16+ by improving their mental health by participating in various art-based activities, including photography and creative writing.

Call: 01382 228383

Website: <https://www.artangeldundee.org.uk/>

4. Positive Steps

Positive Steps is a local charitable organisation in Dundee who can support adults with;

- Urgent crisis response
- Housing, homelessness and money management
- Settling into society following a period of incarceration
- Support for those at risk of drug overdose
- Bereavement
- Support for those at risk of sexual exploitation
- Custody/arrest

Call: 01382 561822

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

5. Feeling Strong

Feeling Strong is a local charity supporting the mental health of people between the ages of 8 and 26 through;

- One to one peer support

- Arts and gaming groups
- Drop in cafe

Website: <https://www.feelingstrong.co.uk/>

National Supports

1. Health in Mind

Health in Mind offers a variety of supports including the below mental health and wellbeing resources; <https://health-in-mind.org.uk/how-we-can-help/resources/>, as well as a number of national services: <https://health-in-mind.org.uk/how-we-can-help/national-services/>.

2. SANE

SANE are a national organisation who offer support, guidance and information for anyone affected by mental illness.

Website: <https://www.sane.org.uk/how-we-help>

They also host a resource page which provides a directory of further support agencies; <https://www.sane.org.uk/how-we-help/resources>.

3. SAMH (Scottish Action for Mental Health)

SAMH can offer wellbeing advice, support and signposting for individuals or carers, they can be contacted via Web chat, phone or email using the following link; <https://www.samh.org.uk/find-help>.

SAMH also have a Dundee based support called Chrysalis, which is a therapeutic community garden offering hands-on work experience. Contact details for further information about Chrysalis;

Phone: 07800 820594

Email: chrysalis@samh.org.uk

4. If seeking Counselling

The British Association for Counselling and Psychotherapy offer a comprehensive directory of registered practitioners. Search may be narrowed down by specialist area and location.

Website: <https://www.bacp.co.uk/search/Therapists>

The below link will take you to a further directory of organisation's you can reach out to when seeking urgent wellbeing support; <https://www.scottishautism.org/services-support/support-individuals/crisis-support>

Peer Support

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Dundee Connections

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Email: dundeeconnections@scottishautism.org

Website: www.scottishautism.org/dundeeconnections

Click and Connect

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Connections

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Website: <https://www.autism.org.uk/what-we-do/scotland/connections>

Online Branches

The National Autistic Society have a number of online branches that run virtually, these include;

- Arts and Crafts Online Branch: <https://www.autism.org.uk/what-we-do/branches/nas-arts-and-crafts>
- Book Club Online Branch: <https://www.autism.org.uk/what-we-do/branches/book-club-online-branch>
- LGBTQ+ Online Branch: <https://www.autism.org.uk/what-we-do/branches/lgbtq-online-branch>
- Running Online Branch: <https://www.autism.org.uk/what-we-do/branches/running-online-branch>

LGBTQ+ Group

This is a free monthly group for autistic adults from the LGBTQ+ community, no formal diagnosis needed. This is a social group for meeting new friends, chat and have a coffee. This takes place on a Tuesday, 7pm – 8.30pm in Arbroath. To find out further information email dundeeangus.branch@nas.org.uk.

4. SWAN (Scottish Women's Autism Network)

SWAN offers various in-person social meet-up groups in locations across Scotland, this includes Dundee.

They are autistic spaces, run by autistic volunteers for women and non-binary people, 18+ living in Scotland.

Website: <https://swanscotland.org/services-and-events>

Employment Support

Local Supports

1. Barnardo's Works Tayside

Barnardo's Works supports unemployed young adults aged 16 – 24 across Tayside. They provide advice and advocacy on the skills needed to support sustained employment, as well as support young people into employment.

Website: <https://www.barnardos.org.uk/get-support/services/barnardos-works-tayside-north-east-dundee-pathways>

2. Dundee City Council Employment Support

This Employment Support Service provides individualised support to those who face barriers to employment to find and sustain employment.

Website: <https://www.dundeecc.gov.uk/service-area/social-work/employment-support-service>

3. Uppertunity

Uppertunity is a Dundee based charity, working with adults (16 – 65+) with a learning disability, who are neurodiverse, and have mental health barriers. Uppertunity offer over 20 weekly creative, skill and therapeutic workshops, social gardening, weekly and monthly social events, creative one to one therapy and mentoring, and inclusive volunteering roles and paid jobs.

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

4. The Circle

The Circle Volunteering aims to create a safe space for volunteers to gain confidence and experience by being accessible and inclusive. We help our volunteers find experiences that suit them and have created a community they can feel comfortable in.

Website: <https://thecirclecic.org.uk/the-circle-volunteering/>

National Supports

1. Skills Development Scotland

Skills Development Scotland have a wide range of services to support people in finding the right career path and the training necessary to get there. They can also provide a variety of support with regards to CV's, applications and interviews.

Skills Development Scotland have centres based across Scotland, including Dundee:
<https://www.skillsdevelopmentscotland.co.uk/what-we-do/scotlands-careers-services/our-centres>.

Skills Development Scotland also support the website called 'My World of Work', this also offers various online resources and can be found at: <https://www.myworldofwork.co.uk/>.

2. Enable

Through the various Enable Works programmes, Enable provides a variety of work programmes, training and resources to help jobseekers with learning disabilities. They also offer support to employers looking to hire a more diverse workforce.

Website: <https://www.enable.org.uk/enable-works>.

3. Action Group

Action Group's Real Jobs programme is a supported employment service to help people with a learning disability, autism, long term health conditions or other support needs to find paid work.

Website: <https://www.actiongroup.org.uk/real-jobs>.

4. Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

5. Acas – Advisory, Conciliation, & Arbitration Service

Acas gives employees and employers free, impartial advice on workplace rights, rules and best practice; including guidance on requesting reasonable adjustments and what employees can do if an employer does not make reasonable adjustments

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

<https://www.acas.org.uk/reasonable-adjustments>

Welfare Rights

1. Dundee City Council Welfare Rights Team

The Welfare Rights Team can support Dundee residents to identify what benefits you might be entitled to, assess the merits of your case should you wish to challenge a decision and represent you at tribunal if you have a case.

Website: <https://www.dundee.gov.uk/service-area/corporate-services/digital-and-customer-services/council-advice-services/welfare-rights>

2. Citizen's Advice

Local Citizen's Advice Bureaus are able to offer support and advice regarding benefit applications, mandatory considerations and appeals. They can offer face to face appointments but also have a variety information on their website.

Website: <https://www.cas.org.uk/>.

3. Enable

Enable's specialist Welfare Rights Service helps people with learning disabilities, their families and carers to access the benefits they are entitled to.

Enable's Welfare Rights Service can support with;

- Undertaking benefit checks
- Supporting individuals to complete forms
- Offering Benefit advice
- Supporting people to challenge decisions around their benefits

Website: <https://www.enable.org.uk/enable-communities/what-we-do/welfare-rights-advice>.

4. Social Security Scotland

Social Security Scotland helps deliver Social Security Payments across Scotland, such as the Adult Disability Payment and much more. Further information about the benefits they deliver are: <https://www.socialsecurity.gov.scot/benefits>.

Social Security Scotland are able to provide support with completing paperwork for various benefits, via webchat, phone or post. Contact details can be found here: <https://www.mygov.scot/contact-social-security-scotland>.

5. Voiceability

Voiceability are able to support individuals with benefit claims associated with Social Security Scotland. They can advise individuals what benefits they are entitled to as well as help with their claim and completing the application.

Website: <https://www.voiceability.org/in-scotland/support-to-access-benefits-in-scotland>.

Finally, the following benefits calculators can be a useful tool for establishing possible benefits entitlement: <https://www.mygov.scot/benefit-calculators>.

Children and Young People

1. The Yard

The Yard is an adventure play area specifically designed for disabled children, young people and their families. Parents can also relax, meet other families, and access resources in a comfortable, non-judgemental space—complete with a refreshing cuppa. They offer free taster sessions; further information can be found on their webpage below.

Website: <https://theyardscotland.org.uk/get-support/our-centres/dundee/>

2. Homestart

Home-Start Dundee offers support to any local family with the challenges of parenting children aged 5 years and under

Website: <https://www.homestart-dundee.org.uk/>

3. National Autistic Society

Website: <https://www.autism.org.uk/what-we-do/branches/nas-dundee-angus-branch>

4. Hot Chocolate Trust

Website: <https://www.hotchocolate.org.uk/>

5. Feeling Strong

Website: <https://www.feelingstrong.co.uk/home>

6. Dundee CLD Youth Work Teams -

Website: <https://www.dundee.gov.uk/service-area/neighbourhood-services/communities-safety-and-protection/youth-work>

7. The Corner

Providing advice for accessing health and wellbeing for young people.

Website: <https://www.thecorner.co.uk/>

8. Rock Solid

Website: <https://rocksoliddundee.wordpress.com/>

9. ADHD Support

If you or the person you support has ADHD, you can contact:

Website: <https://www.adhddasupport.org/Youth-Group>

10. Enable Youth Groups

Website: <https://www.enable.org.uk/enable-communities/what-we-do/youth-groups>

11. Get Set 4 Autism

Get Set 4 Autism provides support to parents and carers of autistic children and young people across Scotland up to the age of 18 years old.

This programme of support is available at any point in a family's journey. Therefore offering pre assessment support to those whose children are on a waiting list for an autism assessment, but also post assessment support following an autism diagnosis.

Get Set 4 Autism aims to promote a greater understanding of autism, improve communication between parents and professionals, and ultimately equip parents and carers with the information and practical skills they need to enable them to better support their child moving forwards.

Website: <https://www.scottishautism.org/services-support/family-support/get-set-4-autism-4>

Parents

1. Parent 2 Parent

Website: <https://parent-to-parent.org/>