SCOTTISH AUTISM

CONNECTIONS

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: dundeeconnections@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: https://www.scottishautism.org/service-locations/dundee-connections/

Click and Connect

Click and Connect offers free online groups via Zoom. These groups include an Art Group for those who enjoy being creative, 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/service-locations/click-and-connect/

2. Autism Initiatives

Late Diagnostic Support

This is a National Late Diagnosis Group programme (LDG) – online and in-person. Development of the programme has been led by autistic staff and shaped by its participants.

The seven session, neuro-affirming programme covers a range of topics, and provides opportunities for participants to connect with others who share similar experiences to them.

We deliver online groups, so it doesn't matter where you live, you can take part. Zoom sessions take place on:

Mondays – 5pm
Tuesdays – 5:30pm
Wednesdays – 1pm
Wednesdays – 4pm
Thursdays – 1pm
Thursdays – 5pm

Anyone wanting to book a place can email LDG@aiscotland.org.uk.

However, there are also opportunities to join in-person groups if you live in the following locations: Edinburgh & Lothian, Scottish Borders, Tayside and Highland.

Website: https://autisminitiatives.org/nationallatediagnosisprogramme/

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. Up-to-date calendar of events on Facebook or website.

Website: https://www.autism.org.uk/what-we-do/branches/nas-dundee-angus-branch
Facebook: https://www.facebook.com/nasdundeeandangus/

What's Next?

What's Next? is a programme of support designed for recently diagnosed or self-identifying autistic adults who are over the age of 18 and living in Scotland.

What's next? aims to empower autistic adults so they can live confidently as their authentic self by deepening participants' understanding of autism and autistic identity, improving wellbeing, and reducing isolation through peer connections.

Participants will attend a six-week block of online sessions, exploring experiences and strategies including:

Understanding autism
Diagnostic processes
Masking
Identity
Executive Functioning
Spoon Theory
Making Connections and more!

For more information about the project and to register your interest, please email: whatsnext@nas.org.uk.
Website: https://www.autism.org.uk/what-we-do/scotland/support/whats-next

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 Info

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:
Call - 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/

Other Penumbra 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/

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;

Available: Monday – Friday 9am - 4pm
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; Accessing Urgent Help - Scottish Autism

Peer 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: https://www.scottishautism.org/service-locations/dundee-connections/

Click and Connect

Click and Connect offers four 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/service-locations/click-and-connect/

2. Autism Initiatives

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

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

Online Branches

The National Autistic Society have a few 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 Tayside operates across Dundee & Angus. Barnardos Works offers several programmes to support young people on their journey into employment.

They can be contacted by emailing barnardosworkstayside@barnardos.org.uk, calling 07917544168 and find further information on their website below.

Website: https://www.barnardos-ets.org.uk/centre/barnardos-works-dundee/

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.dundeecity.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. 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.

Website: https://www.gov.uk/access-to-work

4. 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

Website: https://www.acas.org.uk/
Website section: 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.dundeecity.gov.uk/service-area/corporate-services/digital-and-customer-services/council-advice-services/welfare-rights

2. Citizen's Advice

Local Citizen's Advice Bureaus can 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-stage.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:

Website: https://www.socialsecurity.gov.scot/benefits.

Social Security Scotland can 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 can 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. National Autistic Society

National Autistic Society branches can be run by parent volunteers and can offer support to families who have an autistic child or family member. The branch organises regular play sessions at a local soft play area.

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

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

3. Hot Chocolate Trust

Hot Chocolate Trust is a Youth Work organisation, based in Dundee city centre. It is open to all young people without prejudice or distinction of religion, race, culture, health, disability, gender, hair colour, sexuality or politics. The only restrictions are of age: secondary school age up to 21 yrs old.

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

4. Dundee CLD Youth Work Teams

Dundee CLD Youth Work Teams work collaboratively across the city with schools and a range of partners to deliver learning opportunities and activities for young people aged 11 (P7) -18 years old across all communities.

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

5. The Corner

Providing advice for accessing health and wellbeing for young people - https://www.thecorner.co.uk/

6. ADHD Support

If the young person has ADHD - https://www.adhddasupport.org/Youth-Group

7. Enable Youth Groups

Enable can support young people, aged 8-18. Through our inclusive community groups, we aim to improve young people's mental health, build confidence and self-esteem. Through our interactive, youth led activities young people develop friendships through their shared experiences and new challenges. https://www.enable.org.uk/enable-communities/what-we-do/youth-groups

8. 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

9. Change Centre Dundee

Inclusive football and sensory room hire

Website: https://streetsoccerscotland.org/change-centre-dundee

10. Dundee Science Centre

Recently started ‘sensory friendly’ sessions every Sunday morning 10am-12.30pm

Website: https://www.dundeesciencecentre.org.uk/visits/accessibility/

11. Dundee United Football Autism Club

Autism Football Club is a fun football programme and the perfect opportunity for Autistic children to play football in a safe environment with their peers.

SESSION INFORMATION

- 5-17 years.
- 5pm-6pm.
- Fridays.
- New Beechwood Park, Lundie Avenue, DD2 3NY.

Website: https://www.dundeeunitedct.co.uk/para-sports/autismfc

Parents and Carers

1. Parent 2 Parent

Website: https://parenttoparent.uk

2. Dundee Carers Centre

Dundee Carers Centre provide information and support services and promote the rights of carers, young carers and disabled people. Dundee Carers also run a Peer Support network and events for Carers throughout Dundee and can advise on carers discounts and benefits.

Website: https://dundeecarerscentre.org.uk/

3. Carers of Dundee

Carers of Dundee is an online platform for unpaid carers, their families and the workforce in Dundee. This includes information on Local support for carers and young carers, resources and online learning portal.

Website: https://carersofdundee.org/

4. Penumbra Carers Support Service

When you care for someone, it's important to look after your own wellbeing too. The team at Penumbra offer mental health and wellbeing support for people aged 16 and over living in Dundee. If you care for someone aged 16 and over who is living with mental health challenges and you're looking for ways to look after your own wellbeing, Penumbra can offer you support.

Tel: 01382 223 487
Email: dundee.carers@penumbra.org.uk
Website: www.penumbra.org.uk
Age: 16 years and over