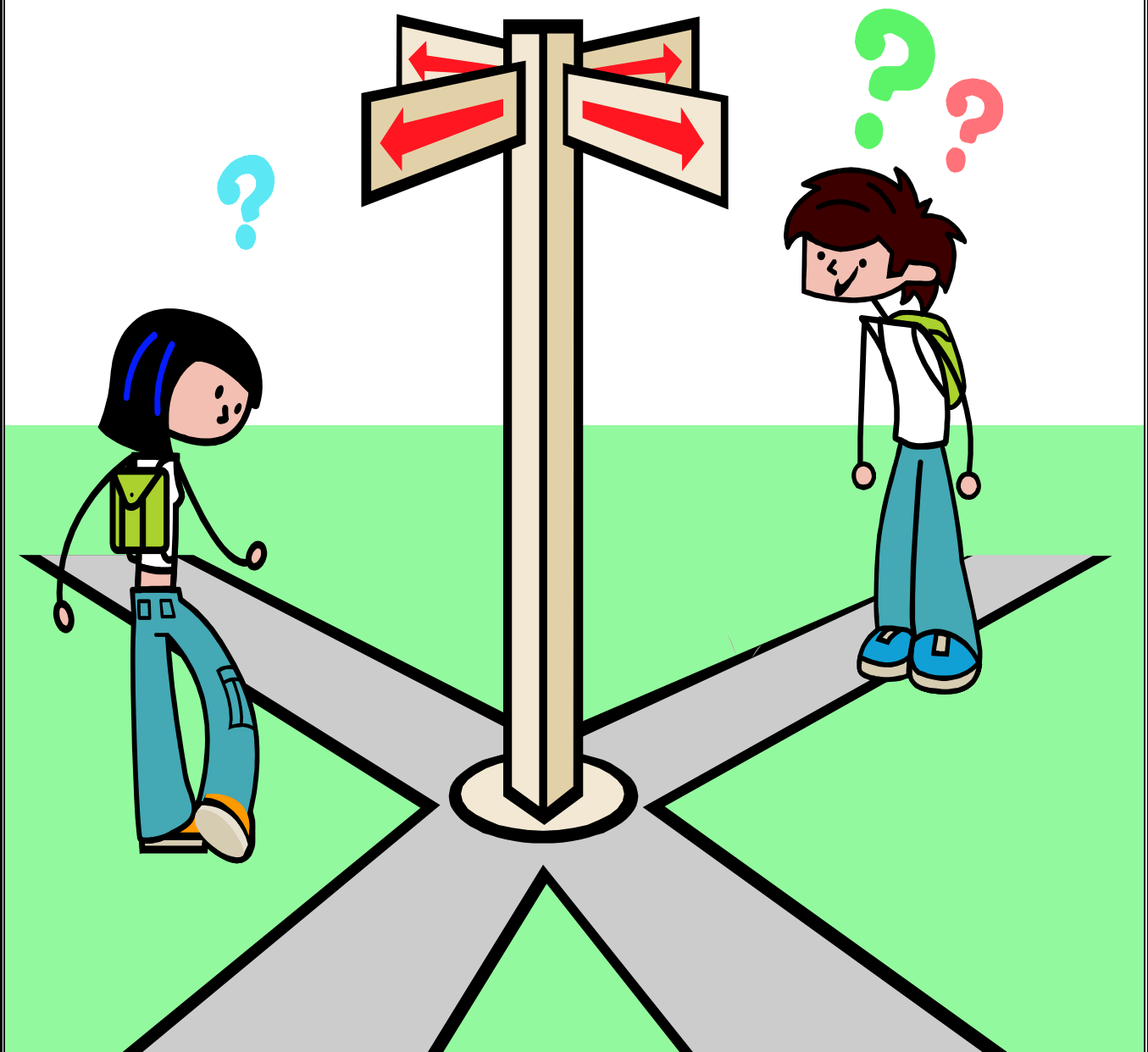


It's MY Choice!

Information about support for young people
leaving secondary school



Please feel free to photocopy this directory as a whole or in part.

2007

“A checklist would give a detailed sketch of what to do and could be quite useful”

“Some people on the autistic spectrum need extra help with decision making. Just going to meetings may not help the person with decision making.”

“My preparation for adulthood was a very, very hard road. I was lucky because although I am a non-speaker I have a brain that works and I wrote letters on my computer of how I felt and this explained to everyone what I was feeling and what my dreams were.”

“Someone came to my house, my mum was there. They talked about college. A log was taken of the meeting.”

“I need help with finance, support and information [to complete my moving on plan]. It would have helped” [if these needs had been identified while still at school].



This Directory acknowledges **'It's MY Journey'**, the consultation with young people undertaken by Highland Children's Forum in partnership with the Highland Council and in collaboration with Barnardo's Springboard. The quotations from young people are taken directly from **'It's MY Journey'**, and are used throughout this Directory to demonstrate the challenges and needs facing young people during and after transition from secondary education to adulthood.

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Introduction

Dear Reader,

The “It’s MY Choice!” directory is an information guide for young people and their supporters. This directory aims to provide information on Services and Opportunities within Highland for children and young people with additional support needs in transition from secondary education to adulthood.

The document has been updated and expanded by CHIP+ with funding from Determined to Succeed, The Highland Council Education Department, The Change Fund Learning Disability, Equal in Scotland, Europe and Scotland Working Together, Integrated Children’s Services and Hi Hopes Equal Monies. CHIP+ has other resources including library books on a range of topics that you may find helpful.

The directory is in two parts – an Easy Read Section and a Main Directory.

- The Easy Read section uses pictures and text and is designed to be used in conjunction with the other sections in the main Directory, which are:
- Introduction and Useful Information
- Education, Training and Jobs
- Relationships
- It’s MY Life
- Health and Support
- MY Rights
- A Home of MY Own
- Evaluation Form and Index

The Directory in its most up-to-date format can be printed or downloaded from the following websites:

www.childreninthehighlands.com **or**

www.highland.gov.uk/socialwork/learningdisabilityservices **or**

www.nhshighland.scot.nhs.uk/Publications/Pages/It'sMyChoice!.aspx

If you have difficulty accessing the information in the Directory please contact CHIP+ on the contact email address or telephone number below to discuss your needs.

The information contained in the document is correct at the time of printing, if however you find any of the information misleading or inaccurate please inform us. Additionally, we would be happy to have information on any organisation, opportunity or service which is not currently included, or be made aware of any changes to existing entries within the Directory.

Acknowledgements

We would like to express our appreciation to the following organisations who helped to produce the updated version of It’s MY Choice: The Corbett Centre Focus Group; Integrated Children’s Services; Lead Professionals from Deaf Services, Vision Services, Autism Outreach Services and many others; and Highland Learning Disability and Relationships Group.

Yours sincerely,

Francesca Stubbs - Information and Support Officer.

CHIP+, Birnie Child Development Centre, Raigmore Hospital, Inverness, IV2 3UJ.

Tel: 01463 711189

Email: info@chipplus.org.uk

Useful Information

When you leave school you may find that some of the services you are receiving at the moment will change. To prepare for this, you may want to talk to the people who provide these services and ask about the changes that will occur. It is a good idea to draw up a list of the professionals that you see. The list might include: Community Paediatrician, Social Worker, Physiotherapist, Occupational Therapist or Speech and Language Therapist for example. Not everyone will have the same list and these are just examples.

It might also be useful to think about money and benefits. You might find the following information useful.

Direct Payments

- **What is a Direct Payment?**

A Direct Payment is a cash payment made by Social Work Services as an alternative to receiving services from the council. They are a way of increasing your freedom and choice of how your needs are to be met. They do not affect any benefits that you may receive.

- **Who can get a Direct Payment?**

They are available for adults and children with a disability (including mental health problems, learning difficulties, physical disabilities, and sensory impairment).

Direct Payments Check List

To receive a Direct Payment, you must be:



Either aged 16 years or older with additional needs, or a parent/guardian for an additional needs child



Able to agree to have a Direct Payment



Able to manage a Direct Payment, with support if necessary



Have a social work assessment that says you, or your child needs support

- **Do I have to take a Direct Payment?**

No. If you do not want to accept a direct payment, you can receive the local authority provided services instead.

- **Who do I speak to about getting Direct Payments?**

If you would like to know more about the Highland Direct Payments Scheme or have any questions about the service, contact: Claire Sutherland (Direct Payments Support Officer)

Tel: 01463 703 425/536

Email: claire.sutherland@highland.gov.uk

Address: Kinmylies Social Work Building, Leachkin Road, Inverness, IV3 8NN.

For general enquiries, contact: Gail MacMillan **Tel:** 01463 703 536

If you are already receiving a Social Work Service, contact them to see if you are eligible. Otherwise, contact your local Social Work office to obtain an assessment (see below).

Inverness - 01463 724 220

Sutherland - 01408 634 040

Ross, Cromarty, Skye & Lochalsh - 01349 868 567

Lochaber - 01349 703 397

Nairn, Badenoch, Strathspey - 01667 453 746

Caithness - 01955 605 040

Benefits for Young People with Disabilities or Long Term Health Problems

Incapacity Benefit (IB)

If you are unable to work because of illness or disability it may be possible to get Incapacity Benefit. This is a weekly payment for people who are, or become incapable of work while under State Pension age. It is important to apply in time because to qualify for Incapacity Benefit you need to have made National Insurance contributions (which come from your wages). However if you are not able to work before the age of 20 you may also qualify for this benefit.

- Incapacity Benefit is available to young people who have been incapacitated early in life, and are unable to work because of illness or disability
- You may be able to claim Incapacity Benefit under the Incapacity in Youth rules if:
 - you are over 16, but under 20 **and**
 - you are not in full-time education (full-time is 21 hours or more per week) **and**
 - you have a medical certificate for the whole period of incapacity
- In some cases, you may apply when you are under the age of 25.

To claim Incapacity Benefit you should call the contact centre - **Tel:** 0800 0 556688.
If you have speech or hearing problems you can contact the centre by textphone:
Tel: 0800 0 234888.

For enquiries on existing claims for Incapacity Benefit, contact: **0845 600 1506**

16-17 year olds should contact Careers Scotland:

Invergordon - 01349 853666

Portree - 01478 612328

Inverness - 01463 252100

Fort William - 01397 874550

Thurso - 01847 895310

Disability Living Allowance (DLA)

This is the most important benefit for people with disabilities whether employed or unemployed. If you receive any other benefits or wages you can claim Disability Living Allowance as well, and it will not reduce the amount of money you get from these other benefits or wages. Having Disability Living Allowance also entitles you to a number of other potential benefits. Disability Living Allowance is paid at different rates depending on how your disability affects you and it is not means tested. Disability Living Allowance is in two parts - the care component and the mobility component. You may be able to get just one component - or both.

- **How can I claim Disability Living Allowance?**

You can claim online or get a claim pack by:

- phoning the contact centre: 0845 712 3456
- people with speech/hearing problems can phone using a textphone: 0845 722 4433
- contacting your local Jobcentre Plus office or local social security office
- downloading the claim form from: www.dwp.gov.uk/eservice

Jobseekers Allowance

If you are under 18 you can only claim Jobseekers Allowance if you are under exceptional hardship. You should register with the careers office and take advice on whether you might be able to make a claim. For full details of relevant benefits or to answer any individual questions, contact the Benefit Enquiry Line for People with Disabilities: 0800 88 22 00.

People with speech or hearing problems can contact the Benefit Enquiry Line using a textphone: 0800 24 33 55.

For enquiries on existing claims for Jobseekers Allowance, contact: 0845 600 1506

Benefit Enquiry Line for People with Disabilities

The Benefit Enquiry Line is a benefits help line for people with disabilities, carers and representatives. They offer advice and information on benefits and how to claim them. In addition to giving advice they also send out an extensive range of leaflets and claim packs to customers.

Their advisers have no access to customer's personal records and so are able to provide general advice only. The most common benefits that they provide advice on are those relating to sickness and disability i.e. Disability Living Allowance, Incapacity Benefit and Income Support. There is no charge for the using service; however, some mobile phone users may incur a cost by their operator. The Benefit Enquiry Line also provides help to complete certain disability-related claim packs over the telephone. Alternative formats are available e.g. Large Print, Braille.

Website: www.direct.gov.uk

Address: Benefit Enquiry Line, Customer Services, 2nd Floor, Red Rose House, Lancaster Road, Preston, Lancashire, PR1 1HB.

Tel: 0800 882200 **Fax:** 01772 238127

Textphone: 0800 243355 (for hearing or speech impairments)

Email: BEL-Customer-Services@dwp.gsi.gov.uk

Opening Times: Monday to Friday (8.30am - 6.30pm) and Saturday (9.00am - 1.00pm)

For information on –

Income Support - Tel: 0845 600 1506

Housing Benefits - Tel: 01463 703930

Independent Living Fund - Tel: 01463 703 425/536

Education, Training and Jobs

“I need more information about college and about signing.”

“Work experience was brilliant, that gave me help on what I wanted to do.”

**[Careers Scotland]
“Helped me narrow it down to a few things”**



The organisations and services within this section are separated alphabetically under the following headings:

- Advice on Education, Training and Jobs
- Additional Advice/Support for People with a Learning Disability
- Additional Advice/Support for People who are Visually Impaired
- Additional Advice/Support for People with a Mental Health Problem
 - Additional Advice/Support for Criminal Justice Services
- Additional Advice/Support for People on the Autism Spectrum

Advice on Education, Training and Jobs

<p><u>AbilityNet</u> www.abilitynet.org.uk</p> <p>PO Box 94, Birmingham Road, Warwick, Warwickshire, CV34 5WS. Tel: 0800 269545 Email: enquiries@abilitynet.org.uk</p>	<p>This organisation offers a one-stop shop for needs assessment, technical expertise, advice and support on computer technology. This is so everyone can benefit from the use of a computer. AbilityNet supply adapted computer equipment of people with a wide range of disabilities. Their services are free for those who have no statutory or other funding.</p>
<p><u>Adult Basic Education</u> www.abeweb.co.uk</p> <p>Library Support Unit, 31A Harbour Road, Inverness, IV1 1UA. Tel: 01463 251278 Fax: 01463 236986 Email: julie.simmons@highland.gov.uk</p>	<p>ABE is a service providing free, confidential tuition on a one-to-one or small group basis. It helps people improve their literacy, numeracy and information literacy skills, and encourages lifelong learning.</p>
<p><u>Careers Scotland</u> www.careers-scotland.org.uk</p> <p>Email: info@careers-scotland.org.uk</p> <p>69 -71 High Street, Invergordon, IV18 0AA. Tel: 01349 853666</p> <p>HIA Lochaber, Lochaber College, An Aird, Fort William, PH33 6AN. Tel: 01397 874550</p> <p>The Green House, Beechwood Business Park North, Inverness, IV2 3BL. Tel: 01463 713504</p> <p>King's House, The Green, Portree, Isle of Skye, IV51 9BS. Tel: 01478 612328</p> <p>Tollemache House, High Street, Thurso, Caithness, KW14 8AZ. Tel: 01847 895310</p>	<p>Careers Scotland, Highlands and Islands Enterprise staff help young people who may have difficulty in making the move into further education, training or employment.</p> <p>Leaving school and starting work, training, or going to college is a big step. Some young people can find it hard for a variety of reasons: they may have a physical or learning disability, or simply lack confidence at a time when it is most needed.</p> <p>Through its Keyworker Services they provide additional support by meeting the young person at times and places suitable to them; getting to know them as an individual and helping them to know more about themselves – their strengths and weaknesses, hopes and fears. Keyworkers work out of the Careers Scotland Centres.</p> <p>With the young person's permission they will meet with other people who can help, including family and friends – often an important influence on how decisions are made.</p> <p>They will work closely with other agencies on the young person's behalf, helping over a longer period of time to make sure they move on successfully from school.</p>

<p><u>GREAN (Golspie Recycling & Environmental Action Network)</u></p> <p>GREAN, Unit 7, Golspie Industrial Estate, Golspie, Sutherland, KW10 6RN. Tel: 01408 634253 Email: petehiggins1@btconnect.com</p>	<p>GREAN's main activity is running a kerbside collection service of dry recyclates in central and eastern Sutherland under a Service Level Agreement for Highland Council. However, they also run a number of other projects, including a Training Project aimed principally, but not exclusively, at non-academically inclined school leavers; they take them on supported employment schemes and aim to instil basic job skills. These include how to behave in the workplace, punctuality, appearance, interacting with fellow workers and the public, etc. Training takes place in the workplace, either in the main project or in one of the other projects e.g. the Community Garden.</p> <p>They have a well-integrated workforce who is accustomed to working with vulnerable young adults, and although they do not provide one-to-one interaction the work environment is friendly and well structured.</p>
<p><u>Highland Blindcraft Workstep Consortium</u></p> <p>Lorna Beaton: Office No. 3, Volunteering Highland, 1a Millburn Road, Inverness, IV2 3PX. Tel: 01463 238007</p>	<p>Provides supported employment opportunities through the Jobcentreplus 'Workstep' programme throughout the Highlands and Islands.</p>
<p><u>Highland Council</u> <u>Adult and Continuing Education</u> www.highland.gov.uk/ learninghere/communitylearning</p> <p>Community Learning and Leisure, Education Culture & Sport Service, Glenurquhart Road, Inverness, IV3 5NX. Tel: 01463 702835 Fax: 01463 711177</p>	<p>Adult and Continuing Education encourages people to acquire knowledge and skills, share knowledge and skills with others, develop critical awareness, realise their full potential, make informed choices and enjoy learning. The Community Learning & Leisure Service offers a wide range of community-based classes. Informal classes and groups and certificate classes, plus information and guidance on learning opportunities.</p>
<p><u>Highland Council</u> <u>Further Education Bursaries</u></p> <p>Inverness, Nairn, Badenoch & Strathspey Area Education, Culture & Sport Manager – 13 Ardross Street, Inverness, IV3 5NS. Tel: 01463 663800 Fax: 01463 663809</p> <p>Area Education Manager, King Street, Kingussie, PH21 1HP. Tel: 01540 661009 Fax: 01540 662330</p> <p>Caithness, Sutherland and Easter Ross Area Education, Culture & Sport Manager – Rhind House, West Banks Avenue, Wick, KW1 5LZ. Tel: 01955 602362 Fax: 01955 602408</p> <p>Senior Education Officer, Johnstone Place, Brora, Sutherland, KW9 6PG. Tel: 01408 623900 Fax: 01408 621126</p>	<p>Contact addresses for a Further Education Bursary, which is a discretionary grant made by the Highland Council Education Service, to assist in maintaining a person attending an approved course in a College of Further Education.</p> <p>Mid Ross, Skye & Lochaber Area Education, Culture & Sport Manager Castle Street, Dingwall, IV15 9HU. Tel: 01349 863441 Fax: 01349 863994</p> <p>Senior Education Officer, Elgin Hostel, Dunvegan Road, Portree, Isle of Skye, IV51 9EE. Tel: 01478 613697 Fax: 01478 613698</p> <p>Area Education Officer, Camaghael Hostel, Camaghael, Fort William, PH33 6NA. Tel: 01397 707350 Fax: 01397 705627</p>

<p><u>Highland Council</u> <u>Supported Employment Service</u></p> <p>Kinmylies Building, Leachkin Road, <u>Inverness</u>, IV3 8NN. Tel: 01463 703482</p>	<p>Provides supported employment opportunities through the Jobcentreplus 'Workstep' programme throughout the Highland Council Area.</p>
<p><u>Inverness College</u> www.inverness.uhi.ac.uk</p> <p>3 Longman Road, Longman, <u>Inverness</u>, IV1 1SA. Tel: 01463 273000</p> <p>Inverness College in Lochaber, An Aird, <u>Fort William</u>, PH33 6AN. Tel: 01397 874310</p>	<p>This College offers a broad range of courses/programmes and provides extensive support services to students. At the Longman campus (Inverness) and in Lochaber it also offers various prevocational and skills development courses/ programmes.</p> <p>In addition to the Inverness campuses the College also operates the Scottish School of Forestry at Balloch, a specialist fish farming training/research facility in Loch Kishorn, and learning centres in Lochaber, Dingwall and Lochalsh.</p>
<p><u>Jobcentre Plus</u> www.jobcentreplus.gov.uk</p> <p>3 High Street, <u>Dingwall</u>, IV15 9HL. Tel: 01349 812400</p> <p>Waverley House, High Street, <u>Fort William</u>, PH33 6XX. Tel: 01397 902000</p> <p>River House, Young Street, <u>Inverness</u>, IV3 5BP. Tel: 01463 888100</p> <p>Portree Job Centre, Portree, <u>Isle of Skye</u>, IV51 9EN. Tel: 01478 633000</p> <p>Government Buildings, Giringoe Street, <u>Wick</u>, KW1 4HJ. Tel: 01955 673200 (NB: Also covers Thurso)</p>	<p>Jobcentre Plus can help you find the right kind of job: full time or part time, temporary or permanent. If you are claiming benefits and looking for work you will meet a personal adviser on your first visit to Jobcentre Plus office. They will help you find the kind of job that is right for you whether you are looking for your first job or want to get back to work.</p> <p>Moving from school, college or university into work can be a big step. Even if you have a firm idea of where you want to be, the best way to get there is not always clear. But there are lots of opportunities and help available.</p> <p>Pathways to Work has been developed to provide greater support to help people claiming incapacity benefits back into or closer to the labour market. Pathways to Work can be accessed through the Incapacity Benefit Personal Adviser at your local Jobcentre.</p> <p>Disability Employment Advisers can provide support to disabled people who are having difficulty in getting a job because of their disability, and also to employed people who are concerned about losing their job because of a disability. If you're unable to work, they can tell you about the financial and practical support you may be able to get, and refer you to appropriate services offered by other organisations.</p>

<p><u>Jobcentre Plus - New Deal</u> www.jobcentreplus.gov.uk</p> <p>3 High Street, <u>Dingwall</u>, IV15 9HL. Tel: 01349 812400</p> <p>Waverley House, High Street, <u>Fort William</u>, PH33 6XX. Tel: 01397 902000</p> <p>River House, Young Street, <u>Inverness</u>, IV3 5BP. Tel: 01463 888100</p> <p>Portree Job Centre, Portree, <u>Isle of Skye</u>, IV51 9EN. Tel: 01478 633000</p> <p>Government Buildings, Giringoe Street, <u>Wick</u>, KW1 4HJ. Tel: 01955 673200 (NB: Also covers Thurso)</p>	<p>New Deal is a Government programme that aims to give unemployed people the help and support they need to get into work. Everyone on New Deal gets a personal advisor who is their point of contact throughout the programme. The personal advisor takes the time to understand you – your experiences, interests and goals – so a plan can be prepared to get you into a suitable job</p> <p>If you get disability or health related benefits and want to work, but need some help and support along the way, then the voluntary New Deal for Disabled People could help you.</p> <p>New Deal for disabled people is a voluntary programme delivered through a network of Job Brokers who have been chosen by Jobcentre Plus because of their experience with health conditions or disabilities. Taking part in New Deal for disabled people will have no affect on your benefits.</p>
<p><u>Learndirect Scotland</u> www.learndirectscotland.com</p> <p>Alhambra House, 45 Waterloo Street, <u>Glasgow</u>, G2 6HS. Tel: 0141 285 6000 Fax: 0141 285 6001 Email: info@learndirectscotland.com Helpline: 0808 100 9000</p>	<p>In direct support of the Scottish Executive's Lifelong Learning Strategy, the mission of Learndirect Scotland is to help individuals and small businesses across Scotland to realise their potential through learning, at a time, place, pace and style that suits their needs.</p>
<p><u>Lochaber College</u> www.lochabercollege.co.uk</p> <p>An Aird, <u>Fort William</u>, PH33 6AN. Tel: 01397 874000</p>	<p>Responding to demand, this College provides a range of courses (including evening classes) from Employability right through to Post Graduate Degrees and give students the local support and facilities they need to succeed. The students can access courses through the main campus in Fort William or through the learning centres in Mallaig, Kilchoan, Kinlochleven and Ardnamurchan.</p>
<p><u>Moray College</u> www.moray.ac.uk</p> <p>Moray College, Moray Street, <u>Elgin</u>, IV30 1JJ. Tel: 01343 576000</p> <p>Moray College Technology Centre, Linkwood Road, New Elgin, <u>Elgin</u>, IV30 6DJ. Tel: 01343 576000</p> <p>Nairn Learning Centre, Unit 10b, Balmakeith Industrial Estate, <u>Nairn</u>, IV12 5QW. Tel: 01667 456759</p>	<p>Please contact the college to obtain a prospectus.</p>

<p><u>New Start Highland</u> www.newstarthighland.org</p> <p>New Start Highland, 9 Carsegate Road North, Inverness, IV3 8EX. Tel: 01463 728774 Fax: 01463 729549 Email: lynn@newstarthighland.org</p>	<p>At New Start there are many volunteering opportunities. Whether you are able to come along for a couple of hours or for the day you will be most welcome and we will be really grateful for your help. Some of the opportunities available include –</p> <ul style="list-style-type: none"> • Store Person – loading and unloading vehicles; cleaning the donations brought into the building so that they are ready to go out as a delivery. • Furniture Restoration – helping restore and repair some of the donated items to their original beauty. • Sorting Donations – This involves sorting all the smaller items that are donated, putting them into the most suitable destination. • Shop – The shop is open 2 full days a week and a Thursday morning, but need more people to help out. The shop is a friendly, busy, fun place to be. • Electrical Testing – all the electrical items that are donated have to be tested. They need people who have the Portable Appliance Test certificate or those that have an interest in it and would be willing to train. <p>... and many more!</p>
<p><u>North Highland College</u> www.nhcscotland.com</p> <p>Ormlie Road, Thurso, Caithness, KW14 7EE. Tel: 01847 889000 E-mail: info@northhighland.ac.uk</p>	<p>The College offers a wide range of courses and provides an extensive support network for students with additional needs. The College has learning centres in Thurso, Wick, Alness and Dornoch. The Thurso centre runs a Life and Work Skills programme which offers three courses ranging from Higher Still Access Level 1 to 3. These courses are aimed at anyone who may need time to develop their educational and social skills and are available on our Thurso Campus and in the Community Learning Centre in Brora.</p>
<p><u>Sabhal Mor Ostaig</u> www.smo.uhi.ac.uk</p> <p>An Teanga, Sleite, Isle of Skye, IV44 8RQ. Tel: 01471 888000 Email: oifis@groupwise.uhi.ac.uk</p>	<p>Since 1973 this Gaelic-medium college has offered a broad range of subjects from Gaelic language and culture to multimedia studies. This College has an international reputation and plays a key role in Gaelic development here in Scotland. Contact the college for information on student support arrangements.</p>

<p><u>SHIRLIE Project Ltd</u> www.shirlie.co.uk</p> <p>Email: lesleywilson@shirlie.co.uk</p> <p>Head Office: 40 Longman Drive, <u>Inverness</u>, IV1 1SU. Tel: 01463 716179</p> <p>Lochaber College, An Aird, <u>Fort William</u>, PH33 6AN. Tel: 01397 874308</p> <p>Flat 4, 41 High Street, <u>Alness</u>, IV17 0PT. Tel: 01349 884359</p>	<p>The Shirlie Project is a supported employment agency. The project offers a flexible service which may include: life planning, vocational profiling using person-centered planning techniques, support with CV writing and interviews, approaching employers and negotiating terms and conditions on behalf of the clients, in-work support and aftercare, advise on benefits and financial matters. They work with school children who are at risk of disengaging from the education system, as well as adults. The service is available to anyone who feels they need help in gaining or sustaining employment.</p>
<p><u>Skill Scotland</u> www.skill.org.uk</p> <p>Norton Park, 57 Albion Road, <u>Edinburgh</u>, EH7 5QY. Tel: 0131 475 2348 or 0800 328 505 email: admin@skillscotland.org.uk</p>	<p>Skill (National Bureau for Students with Disabilities) promotes opportunities in learning and employment for people over 16 years of age with any kind of disability. The organisation provides a free information and advice service for individual disabled people and the professionals who work with them. The Skill website contains extensive information on entry to Higher/Further education, including contact details for Colleges and Universities, funding, looking for work and much more.</p>
<p><u>Touchwood Recycling Ltd</u> www.touchwoodonskye.org.uk</p> <p>Atlantic House, Uig, <u>Isle of Skye</u>, IV51 9XX. Tel : 01478 611328 e-mail: touchwood1@tiscali.co.uk</p>	<p>Touchwood is a social firm involved in the production of articles from recycled wood offering supported employment to people with additional support needs in Skye. Opportunities are offered to individuals who are 16 years and over to gain experience and training in wood preparing, use of tools/machinery, measuring, designing and finishing.</p>
<p><u>UHI Millennium Institute</u> www.uhi.ac.uk</p> <p>UHI Millennium Institute, Ness Walk, <u>Inverness</u>, IV3 5SQ. Tel: 01463 279000</p>	<p>UHI delivers university-level study through a partnership of colleges and research institutions in the Highlands and Islands of Scotland. You can choose from a wide range of courses at HNC, HND, degree and postgraduate level, and UHI will provide the support you need to achieve your goals.</p>
<p>Additional Advice on Education, Training and Jobs for People with a Learning Disability</p>	
<p><u>Lead Scotland</u> <u>(Linking Education and Disability)</u> www.lead.org.uk</p> <p>Lead Scotland, Suite 2, Third Floor, Ballantyne House, 84 Academy Street, <u>Inverness</u>, IV1 1LU. Tel: 01463 715602 Fax: 01463 718799 Email: enquiries@lead.org.uk</p>	<p>Lead Scotland, Linking Education and Disability, is a voluntary organisation set up to widen access to learning for disabled young people, adults and carers across Scotland. We can provide educational guidance and information, enabling you to explore your learning options and find out what opportunities are available to you. Once you have chosen what you want to do, we will enable you to get started and continue to provide ongoing support as you commence</p>

<p>Lead Scotland (Contd)</p> <p>Your local Lead Organisers are Teresa Johnson & Jan Stephen</p>	<p>your studies.</p> <p>Lead Scotland can support you in taking a course using a college or local learning centre that could lead to an SQA qualification in your chosen subject. You could learn how to use a computer, or use the computer as a tool to learn another subject. They can lend you a computer and printer for up to six months through our free computer loan scheme.</p> <p>Learners receiving benefits are entitled to 'fee waiver' on tuition fees for many courses. Experienced Lead staff will arrange 'fee waiver' where possible with colleges and other learning providers, so that you can enrol on a course free of charge.</p> <p>A Lead volunteer can be made available to support your learning. Volunteers provide practical learning support, for example, scribing, talking through coursework, looking at study skills, providing encouragement etc.</p> <p>One of our Lead Organisers can arrange to visit you at home, or somewhere that suits you best, to talk about what you want to learn. We can give you the information you need to get started and ongoing support for you to continue your studies.</p>
<p>Additional Services for People with a Learning Disability</p>	
<p><u>Angus Centre</u></p> <p>Angus Crescent, Fort William, PH33 6TY. Tel: 01397 705427</p>	<p>At present, staff support adults with leaning disabilities, ASD, sensory impairments including hearing and sight impairments, physical disabilities, and multiple disabilities. All support is based on client led programmes, and more than 70% of all activities and support takes place in the community. A transition worker based at the Social Work Department's Tweeddale office is the main link between the centre and Lochaber High School, and they work with young people who may wish to receive services before they leave school. The centre operates between Monday and Friday from 9 am to 4.30 p.m.</p>
<p><u>Beachview Lodge Resource Centre</u></p> <p>Muirfield Road, Brora, Sutherland, KW9 6QY. Tel: 01408 622312 Fax: 01408 622314 E-mail: roddy.macswen@highland.gov.uk</p>	<p>They are a resource centre for adults with learning disabilities. Referrals to the centre usually come from Social Work Services. They are committed to providing a service that is client led and delivered on a needs led basis to each individual service user. Support may be provided within the Day Care or in the community. The centre works to enable and support clients to achieve skills necessary for social integration and independence, through education, recreational and cultural opportunities.</p>

<p><u>Caberfeidh Day Centre</u> Caberfeidh House, 7 High Street, <u>Kingussie</u>, Inverness-shire, PH21 1HS. Tel: 01540 662072</p>	<p>Caberfeidh House is a small day centre for adults 16 to 65 who have learning disabilities. They are open on weekdays from 8.30am to 4pm.</p> <p>They support people to develop and maintain skills and interests, including personal care, personal budgeting, cooking, gardening and cycling on the cycle track nearby. Services are designed around service user's interests and needs, and tend to focus on the individual rather than the group.</p> <p>They have support workers who enable people to access local services, activities, and organisations. This might be shopping, swimming, walking or the use of the local leisure complex or cafes. They also support individuals to access employment and training. If service users have an appointment whilst at the day centre they can be supported to visit the hairdresser, dentist or doctor.</p> <p>Their service users primarily have learning disabilities, but also work with other professionals to ensure that the complex needs of their service users are met. There is regular input and visits from a Learning Disabilities Nurse, a Psychologist, a Speech and Language Therapist and an Occupational Therapist.</p>
<p><u>Cheshire House</u> www.leonard-cheshire.org Ness Walk, <u>Inverness</u>, IV3 5NE. Tel: 01463 713377 Fax: 01463 713589 Email: highlands@scot.leonardcheshire.org.uk</p>	<p>Cheshire House provides both Day and Residential Services for Adults with disability.</p>
<p><u>Corbett Centre</u> www.corbettcentre.freeuk.com Coronation Park, <u>Inverness</u>, IV3 8AD. Tel: 01463 729282 Fax: 01463 715993 Email: corbettcentre@freeuk.com</p>	<p>The Corbett Centre offers a range of services which aim to meet the needs of individuals with learning disabilities. These services are accessed by either yourself, or through a carer, parent, social worker or a GP/nurse.</p> <p>The client can discuss their interests, skills, needs and the support required to take part in these activities. This one-to-one interaction enables people to find what they want and/or need and if the Corbett Centre is able to provide a particular service.</p> <p>Clients can also have a 'taster' session of the range of activities currently on offer, which include: swimming, gardening, computing, walking, horse-riding, cooking, and hydrotherapy.</p>
<p><u>FALCON Project</u> www.volunteeringhighland.org Volunteering Highland, The Gateway, 1a Millburn Road, <u>Inverness</u>, IV2 3PX.</p>	<p>The FALCON project supports adults with special needs, into meaningful volunteering roles, of their choice, enabling them to receive the maximum benefit from that role by means of training and support supplied by a</p>

<p>FALCON Project (Contd)</p> <p>Tel: 01463 711393 Email: falcon@fsmail.net</p>	<p>volunteer buddy. The project assists a person in determining their volunteering role. It will also help find and secure that role for them. They will match the supported volunteer with a buddy volunteer who will stay with the supported volunteer throughout the volunteering experience. They offer pre-volunteering training where necessary and can assist with costs where necessary. For further details, please contact the manager – David Thomson.</p>
<p><u>Isobel Rhind Centre</u></p> <p>Tomich Road, <u>Invergordon</u>, IV18 OAX. Tel: 01349 854154</p>	<p>The Isobel Rhind Centre is a purpose built day centre for adults with learning disabilities located in Invergordon in East Ross. They provide a support service for up to 70 service users and operate Monday to Friday (8.45am - 4.15pm) each week. At the moment their service users come from as far north as Dornoch and as far south as the Black Isle.</p> <p>They offer a wide range of activities both in and outwith the centre in local communities. Activities are tailored to suit abilities, ages and special interests etc. activities offered include horse riding, swimming gardening, cooking, body balance, dance etc.</p> <p>They help people to find supported employment and have close links with local communities. They also work closely with other agencies; for example Adult Basic Education to maximise opportunities to maintain and improve literacy and numeracy skills. They have extensive grounds housing a garden project where service users can learn horticultural skills as well as taking exercise. Transport may be provided where appropriate.</p>
<p><u>L'Arche Crafts and Horticulture</u> www.larche.org.uk</p> <p>13 Drummond Crescent, <u>Inverness</u>, IV2 4QR. Tel: 01463 239615 Email: info@larcheinverness.com</p>	<p>L'arche Workshops and Training Centre is part of the L'arche Inverness Community which has been in Inverness since 1975. There are 4 workshops - Candles, Woodwork, Garden and Retirement/Recreation.</p> <p>All the workshops aspire to provide Work, Training and Day Activities, whereby everyone is involved and are allowed to discover their full potential. They do this by providing meaningful work where everybody is involved to produce and create products of high quality and standard. Their New Workshops have places for up to 25 adults with Learning Disabilities each day (Aged 18 years to retirement). Further information or to arrange a visit contact the Workshop Co-ordinator.</p>

<p><u>Thor House</u></p> <p>Provost Cormack Drive, <u>Thurso</u>, Caithness, KW14 7EJ. Tel: 01847 896448 (2 LINES) Public Tel: 01847 896513 Fax: 01847 896943</p>	<p>Thor House is a custom built facility carefully designed to provide a range of client services – all under one roof. Their aim within this unit is to assist attendees to realise their potential, by supporting independence and individual rights. It is owned and operated by Highland Council and Social Work Services.</p> <p>It offers Day Care (capacity of 15 attendees per day) services to adults with learning disabilities. It has a 4 bedded en suite respite care facility and offers a range of short-term care packages to clients and families with learning disabilities. It also has a lounge/dining room which has digital television and DVD player. The room is also fitted with a loop system for those who have a hearing impairment. A small training kitchen is available with all facilities for cooking and baking - residents and day care attendees are encouraged to use such skills. All rooms have en-suite facilities and are fully furnished.</p> <p>This centre is open from Monday to Friday only. Attendance can be for the full week but part week attendance is also available.</p>
<p><u>Tigh Na Drochaid</u></p> <p>Bridge Road, Portree, <u>Isle of Skye</u>, IV51 9ER. Tel: 01478 613113</p>	<p>Tigh Na Drochaid is a Highland Council Social Work Services Resource Centre. It only provides adult services and usually become involved in the transition period, a year or so before the 19th birthday.</p> <p>They have a range of typical Day Services provision, such as art, crafts, drama, keep-fit, cooking, swimming, horse-riding, etc. However, due to the requirements of 'The Same As You?' and other policies and guidelines, they are looking to move away from such traditional work, and be more involved in skills training, such as I.T., Adult Literacy, and support for employment.</p> <p>They also have a supported tenancies project in Portree, with the majority of people moving into their own flat from either long-stay hospitals, or home. A team of support workers are attached to this project, and they work closely with the Day Services provision in order to increase independent living skills.</p>
<p>Additional Employment Support for People with a Learning Disability</p>	
<p><u>Crumpets Café</u></p> <p>Manager: Roy Marr Spectrum Centre, 1 Margaret Street, <u>Inverness</u>, IV1 1LS. Tel: 01463 717122 Email: crumpets@btconnect.com</p>	<p>Small friendly café which seats 32 people, open from 9.30am – 4pm Monday to Friday and 9.30am – 3pm on Saturday. Provides a training programme in Café skills and serving the public. The course trains people to work in a café as a food service assistant, and improves their organisational skills, confidence and self esteem. The length of the course will depend on the trainee's ability. A certificate of achievement is</p>

<p>Crumpets Café (Contd)</p>	<p>available upon completion of the module. Please contact the café to find out more about the course.</p>
<p><u>Floral Hall & Training Centre</u> www.invernessfloralhall.com</p> <p>Bught Lane, Inverness, IV3 5SS. Tel: 01463 713553 Email: moreinfo@invernessfloralhall.com</p> <p>Isobel Rhind Centre, Tomich Road, Invergordon, IV18 0AX. Tel: 01349 854154</p>	<p>The Garden Project is specifically designed for people with learning disabilities and they operate these on behalf of The Highland Council's Social Work Services. The client group has often been excluded from the opportunity to gain and develop core skills that are required as a first step towards entering supported employment or specialised skills training or simply to enjoy a reasonable level of social inclusion.</p> <p>Gardening is used as the vehicle for developing such skills due to the range and type of activity used within it. Clients need a reasonable degree of physical fitness and stamina sufficient to participate in gardening activities. They strongly recommend that all trainees have up to date anti-tetanus status. Client referrals must be made by a Social Worker who must advise them of any medical or other conditions the client may have.</p>
<p><u>Job Connect @Badaguish</u> www.jobconnectatbadaguish.org</p> <p>Aviemore, Inverness-shire, PH22 1QU. Tel: 01479 861285 or 07857 421611 Email: jobconnect@badaguish.org or brad.c@badaguish.org</p>	<p>Job Connect @Badaguish is a programme to promote equal opportunity access to training and employment opportunities in the Cairngorms National Park. The programme is underpinned by the belief that all people, regardless of disability, should be given the opportunity to reach their full potential and to take part in all aspects of community life. The programme believes that:</p> <ul style="list-style-type: none"> • Social inclusion needs a co-ordinated approach amongst partners building the bridge between worker and employer. • A model that has a clearly defined step-by-step method is central to success • Job seekers need a unique programme
<p>Additional Training Support for People with a Learning Disability</p>	
<p><u>Bridg'it Venture</u> www.bridgit-venture.org.uk</p> <p>Janie Thorburn, Course Co-ordinator, Borlum Farm, Drumnadrochit, IV63 6XN. Tel: 01456 450588 Fax: 01456 450588 Email: bventure@tinyworld.co.uk</p>	<p>Offers a 2 to 3 years residential course – Further Education and Personal Development through Horsemanship – using the medium of the horse as a motivation to build on literacy and numeracy skills, social and life skills. This course is offered to people with mild to moderate learning disabilities, normally aged between the ages of 16-25.</p>
<p><u>Cantraybridge Rural Skills College</u> www.cantraybridge.co.uk</p> <p>The Mill, Cantray, Cawdor, Nairn, IV12 5XT. Tel: 01667 493500 Fax: 01667 493570 Email: cantraybridge@bopenworld.com</p>	<p>Cantraybridge is a rural training college for young adults, who because they have some form of disability or impairment, have difficulty with mainstream training and education. Occupational training is available in the areas of agriculture, horticulture, game-keeping, poultry and estate maintenance. We also instruct in Basic Adult Education and are an approved SVQ Centre.</p>

<p><u>Nansen Highland</u> www.nansenhighland.co.uk Redcastle Station, Killearnan, By <u>Muir of Ord</u>, Ross-shire, IV6 7RX. Tel: 01463 871255 Fax: 01463 870258 Email: general@nansenhighland.co.uk Director – bart.lafere@nansenhighland.co.uk Project Coordinator– sarah.welch@nansenhighland.co.uk Training Co-ordinator – fiona.macdonald@nansenhighland.co.uk</p>	<p>Nansen Highland offers a specialised day training centre for young adults with learning difficulties and related disabilities. They provide individualised packages incorporating SQA qualifications, practical, independence, social and life skill training, within a highly supportive environment.</p> <p>In addition, Nansen Highland has a residential centre for 4 young adults based in the village of Beauly. The aim is on further development of free-time management, domestic skills, interpersonal and social skills to enhance their capabilities for progression to supported housing or independent living.</p>
<p>Additional Employment Support for People who are Visually Impaired</p>	
<p><u>Highland Blindcraft</u> www.highlandblindcraft.co.uk 38-39 Ardconnel Street, <u>Inverness</u>, IV2 3EX. Tel: 01463 233662 Fax: 01463 710809 E-mail: sales@highlandblindcraft.co.uk</p>	<p>This organisation offers supported employment to the blind and visually impaired.</p>
<p><u>Royal National Institute of Blind People – RNIB Scotland</u> www.rnib.org.uk RNIB Scotland, Dunedin House, 25 Ravelston Terrace, <u>Edinburgh</u>, EH4 3TP. Tel: 0131 3118500 Fax: 0131 3118529 Email: EF.Scotland@rnib.org.uk</p>	<p>The Education and Family Services Department promotes the interests of children and young people with sight problems and those who support them, from the point of diagnosis, on through the young person's school, college and university education.</p> <p>This department also provides a range of professional services throughout Scotland:</p> <ul style="list-style-type: none"> • Advice and Support to Post-16 Students - including information on courses, colleges and universities and the Disabled Student Allowance • Technology Services - including information and hands-on training for parents and professionals in the most up-to-date technological aids available, assessment and training for children, young people and students and an equipment loan for schools • Political Representation - Members of RNIB Scotland are represented on various committees of the Scottish Parliament. They ensure that the interests of children and young people with sight problems are given full consideration when policy is being made.

Additional Training/Employment Support for People with a Mental Health Problem

TAG Training and Guidance Unit

Central office:

TAG Unit, Craig Dunain, Leachkin Road,
Inverness, IV3 8JU.

Email: tag@cali.co.uk

Tel: 01463 716853 or 229573

Outreach projects:

The Cottage, Lawson Memorial Hospital,
Golspie, KW10 6SR.

Email: golspie.tag@cali.co.uk

Tel: 01408 634274 or 07881 833266

Old Outpatients Building, Dunbar Hospital,
Thurso, KW14 7XE.

Email: thurso.tag@cali.co.uk

Tel: 01847 896831 or 07979 704299

Community Education Office, Ackergill Street,
Wick, KW1 4DT.

Email: wick.tag@cali.co.uk

Tel: 01955 606891 or 07774 122220

10 Averon Road, **Alness**, IV17 0PY.

Email: invergordon.tag@cali.co.uk

Tel: 01349 884624

You must have a mental health problem to be referred to this service, but you do not need a diagnosis. You can be referred by any clinical service. The referral form is available from the central office at Craig Dunain.

A Highland-wide project providing opportunities in training, guidance and supported placements in a positive and supportive environment for unemployed adults who have experienced mental health issues. An accredited training centre providing nationally recognised qualifications.

Opportunities available: Computer training, Core skills in numeracy, communications, problem solving and working with others, Support for open learning/college courses, Informal arts and crafts and other in-house courses, Work ready courses, Group activities to encourage confidence, self-esteem and interpersonal skills, Practical skills in woodwork.

TAG Supported Placement Project

Central office:

TAG Unit, Craig Dunain, Leachkin Road,
Inverness, IV3 8JU

Email: tag@cali.co.uk

Tel: 01463 716853 or 229573

Outreach projects:

The Cottage, Lawson Memorial Hospital,
Golspie, KW10 6SR

Email: golspie.tag@cali.co.uk

Tel: 01408 634274 or 07881 833266

Old Outpatients Building, Dunbar Hospital,
Thurso, KW14 7XE.

Email: thurso.tag@cali.co.uk

Tel: 01847 896831 or 07979 704299

Community Education Office, Ackergill Street,
Wick, KW1 4DT.

Email: wick.tag@cali.co.uk

Tel: 01955 606891 or 07774 122220

The Old School House, Community Education,
Auchtertyre, IV40 8EG.

Email: lochalsh.tag@cali.co.uk

Tel: 01599 566222

The Round Room Learning Centre, Elgin
Hostel, Portree, **Isle of Skye**, IV51 9EE.

Email: lochalsh.tag@cali.co.uk

Tel: 01478 613535

You must have a mental health problem to be referred to this service, but you do not need a diagnosis. You can be referred by any clinical service. The referral form is available from the central office at Craig Dunain. If this service is appropriate you will either start the work ready course or a work placement. The supported placement project: supports people who have suffered mental health problems to access appropriate work placement opportunities and identifies the right kind of placement and the type of support required

Benefits to trainees:

- Gain up-to-date work experience
- Build confidence and self-esteem
- Meet new people
- Regular support and monitoring
- Choice in length and type of placement
- Chance to put training into practice
- Travel and subsistence is paid

AALP, 129 Grampian Road, **Aviemore**,
PH21 1EX.

Email: kingussie.tag@cali.co.uk

Tel: 07771 973321

Town and County Hospital, Cawdor Road,
Nairn, IV12 5EE.

Email: nairn.tag@cali.co.uk

Tel: 07771 973675

10 Averon Road, **Alness**, IV17 0PY.

Email: invergordon.tag@cali.co.uk

Tel: 01349 884624

Additional Employment Support for Criminal Justice Services

Apex Scotland

www.apexscotland.org.uk

Apex Scotland – Highland Unit, Unit 7,
23 Lotland Street, **Inverness**, IV1 1 ST.
Tel: 01463 717033 Fax: 01463 729432
Email: highland@apexscotland.org.uk

Dingwall Office, Highland Council CJS,
Station Road, **Dingwall**, IV15 9JX.
Tel: 01349 867261 Fax: 01349 869926
Email: dingwall@apexscotland.org.uk

Apex Scotland is a National Organisation that helps offenders, ex-offenders, and young people at risk of offending to take the steps that will move you closer towards getting a job, voluntary placements, or enrolling in a course at your local college.

Apex Highland offer a number of programmes that will provide you with the necessary skills and experience required in the work place: I.T. skills, reading and writing, interviewing/telephone techniques, writing letters, filling in application forms, producing a C.V., self-confidence, teamwork, and being able to get on with people in authority.

Additional Employment Support for People on the Autism Spectrum

National Autistic Society (NAS)

Scotland

www.autism.org.uk/scotland

Head Office

NAS Scotland, Central Chambers, 1st Floor,
109 Hope Street, **Glasgow**, G2 6LL.
Tel: 0141 248 1725 Fax: 0141 221 8118
Email: prospects-glasgow@nas.org.uk

Inverness Office:

NAS Scotland, Fairways House,
Fairways Business Park, Castle Heather,
Inverness, IV2 6AA.
Tel: 01463 258 802
Email: InvernessOffice@nas.org.uk

Prospects

A unique employment service designed to help people with ASD find and retain work. Prospects delivers the Job Centre Plus programmes of Personal Development Plans and Work Preparation and assists with job seeking and the interview process. The service also provides in work support through the early days of a new job and offers 'in house' support and training to line managers and colleagues as well.

Additional Further Education Support for People on the Autism Spectrum

National Autistic Society (NAS)

Scotland

www.autism.org.uk/scotland

Head Office

NAS Scotland, Central Chambers, 1st Floor,
109 Hope Street, **Glasgow**, G2 6LL.
Tel: 0141 221 8090 Fax: 0141 221 8118
Email: Scotland@nas.org.uk
Anna Williamson - Project Manager

Inverness Office:

NAS Scotland, Fairways House, Fairways
Business Park, Castle Heather, **Inverness**,
IV2 6AA.
Tel: 01463 258 802
Email: InvernessOffice@nas.org.uk

NAS Scotland Student Support Service

For students at both Further and Higher education establishments who have Asperger syndrome or High Functioning autism. The aim is to ensure that transition onto courses is smooth and that the necessary support is in place. The service then works with the student to ensure that they sustain their course choice. This involves working both with the student - providing sessions which are tailored to the needs of the individual, and with staff in the chosen place of study. Furthermore, raising awareness on autism spectrum disorders is available for learning support staff, mentors, and curriculum staff as required. There are plans to provide the service Scotland-wide, and training is currently available for staff throughout Scotland. Please contact the Project Manager for more details.

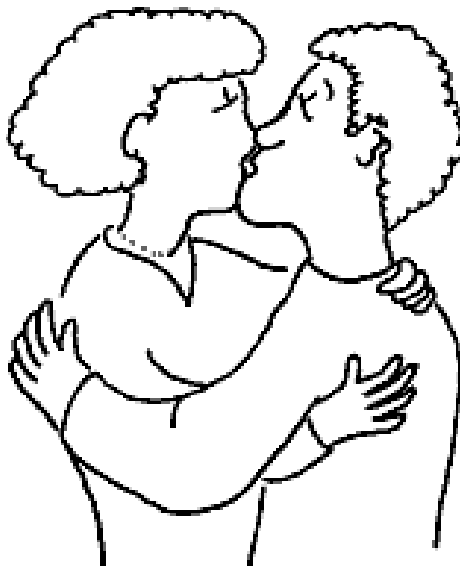
<p><u>National Autistic Society (NAS)</u> <u>Scotland</u> www.autism.org.uk/scotland</p> <p>Head Office NAS Scotland, Central Chambers, 1st Floor, 109 Hope Street, <u>Glasgow</u>, G2 6LL. Tel: 0141 221 8090 Fax: 0141 221 8118 Email: Scotland@nas.org.uk Anna Williamson - Project Manager</p> <p>Inverness Office: NAS Scotland, Fairways House, Fairways Business Park, Castle Heather, <u>Inverness</u>, IV2 6AA. Tel: 01463 258 802 Email: InvernessOffice@nas.org.uk</p>	<p>EQUAL Project EQUAL is a two year European funded project within the Glasgow and Greater Glasgow area as well as some employment work in Inverness in the latter stages of the Project. The Project is for individuals who have an autism spectrum disorder (ASD), focusing on those with a diagnosis of Asperger syndrome or high-functioning autism. There are two strands to the project. One focuses on ensuring that individuals are able to access college and university and are supported to make the transition be that from college into university or employment, or from university into employment. The other strand of the project focuses on working with employers in order that placement and job opportunities are improved for individuals with Asperger syndrome who are referred to our employment service.</p>
<p>Additional Training Support for those on the Autism Spectrum</p>	
<p><u>Nansen Highland</u> www.nansenhighland.co.uk</p> <p>Redcastle Station, Killearnan, By <u>Muir of Ord</u>, Ross-shire, IV6 7RX. Tel: 01463 871255 Fax: 01463 870258 Email: general@nansenhighland.co.uk</p> <p>Director – bart.lafere@nansenhighland.co.uk</p> <p>Project Co-ordinator, including residential – sarah.welch@nansenhighland.co.uk</p> <p>Training Co-ordinator – fiona.macdonald@nansenhighland.co.uk</p>	<p>Nansen Highland offers a specialised day training centre for young adults with learning difficulties and related disabilities. They provide individualised packages incorporating SQA qualifications, practical, independence, social and life skill training, within a highly supportive environment.</p> <p>In addition, Nansen Highland has a residential centre for 4 young adults based in the village of Beaully. The aim is on further development of free-time management, domestic skills, interpersonal and social skills to enhance their capabilities for progression to supported housing or independent living.</p>

Relationships

“It might be helpful to hear from someone who has been through leaving school, such as someone who has gone to college and can tell you what it’s like”

“I don’t know who else to ask.”

[Where did you find out about growing up?] “I just found out.”



The organisations and services within this section are listed in alphabetical order

Advice on Relationships

<p><u>ChildLine</u> www.childline.org.uk ChildLine Scotland, 2 Poynerook Road, Aberdeen, AB11 5RW. Helpline: 0800 1111 Bullying Helpline Tel: 0800 44 1111 Enquiries: 0870 336 2900</p>	<p>Children and young people can phone and write to ChildLine about anything. Some of the topics include feeling lonely, worries about the future, bullying, abuse and concerns about parents, brothers, sisters and friends.</p>
<p><u>Health and Happiness</u> www.healthandhappiness.org.uk 22 Market Brae, Inverness, IV2 3AB. Tel: 01463 248824</p>	<p>Health and Happiness is the dream of adults with learning disabilities living in the Highlands. It is about making life better and fairer. It is about having the right to speak up for how they would like to live their lives and the choices they want to be able to make - just like anybody else. They want a safe place to live; to be able to go out and work; to meet their friends and have relationships; to enjoy good health.</p> <p>Health and Happiness runs a variety of projects across Highland, including gardening schemes, Youthbanks, leisure link, citizen advocacy, adapted bicycle initiatives, theatre/drama, as well as work raising awareness on health issues and learning disability. Health and Happiness is also looking to train adults with a learning disability in how to become trainers on health awareness and to start a women's group and a men's group. As different projects operate in different areas, if you need any further information, please contact the number detailed opposite.</p>
<p><u>Highlands & Islands Autism Society</u> Isobel Geegan – Chairperson 36 Cook Drive, Inverness, IV2 3DA. Tel: 01463 241469 Email: tsdizzy@hotmail.com</p>	<p>They are a support group mainly made up of parents of children, young people and adults who have ASD. They are a voluntary organisation run completely by volunteers/committee members. They have meetings on the last Wednesday of each month (excluding July and December) at 7.30pm in the MacKenzie Centre, Culduthel Road, and Inverness.</p> <p>At meetings they usually have a speaker giving a presentation on services which may be of interest to members. This is usually followed by a question and answer session. Followed by refreshments and a more informal chat. At least twice a year (usually June and November) they try to have a 'social night' at which there is no speaker. They can have a chat with people and share experiences/concerns over refreshments.</p>

<p><u>Highland Brook Sexual Health Advisory Centre</u> www.brook.org.uk</p> <p>77 Church Street, Inverness, IV1 1ES. (Entrance within archway next to Sams' Indian Cuisine Restaurant). Tel: 01463 242434 Email: centremanager@highlandbrook.freeserve.co.uk</p> <p>For information on sexual health – 'Ask Brook' Via the above website</p> <p>Helpline – 0800 0185 023 Or text BROOK INFO/BROOK SERVICE followed by your postcode - 81222</p>	<p>Sexual health information, sexual health clinics for contraception, emergency contraception, pregnancy tests, infection screening and counselling. Clinic sessions Tuesday 4pm – 6.30pm and Saturday 12noon – 2.30pm. Information and advice sessions Monday 12noon – 3pm and Thursday and Friday 4pm – 7pm. Provides counselling, contraception, emergency contraception and pregnancy testing. Open Monday 2pm – 4pm.</p> <p>Counselling and clinical advice on any aspect of sex, relationships, pregnancy or sexuality. Includes providing free condoms, contraception, emergency contraception, pregnancy testing, STI testing and advice, abortion referrals and counselling. It offers friendly and professional service for all young people in Highland.</p> <p>They are open to all young people under 25, and there is no lower age limit. Sessions are drop in, so that young people may simply come along. They prefer people to attend at least 30mins before the end of the clinic.</p>
<p><u>Highland Family Planning Clinics</u></p> <p>Ross Memorial Hospital, Ferry Road, Dingwall Tel: 01349 863313 (extension 171)</p> <p>Community Health, Fort William Health Centre, Camaghael, Fort William, PH33 7AQ. Tel: 01397 709855</p> <p>Aonachmor, Benula Road, Inverness Tel: 01463 704552</p>	<p>Sexual Health Clinics specialising in Family Planning.</p> <p>Health Centre, Davidson's Lane, Thurso Tel: 01847 893442.</p> <p>Caithness General Hospital, Cliff Road, Wick Tel: 01955 605050 (extension 208)</p> <p>The Surgery, Victoria Road, Mallaig Tel: 01687 462203</p>
<p><u>HLDRG - Highland Learning Disabilities & Relationships Group</u></p> <p>Christine Gow (Chairperson) Tel: 01397 703397</p>	<p>HLDRG are a multi-agency group of carers and professionals. They offer highland-wide information, support, advice and resources on relationships, sex and sexuality to help people with learning disabilities, their carers and professionals working with them. They also raise awareness and take forward initiatives relating to these issues. Meetings are held monthly.</p>
<p><u>Highland Sexual Health: Sexual Health Service Clinics</u> www.show.scot.nhs.uk</p> <p>For an appointment at any of the Sexual Health Service Clinics contact 01463 704202.</p> <p>Out-Patients, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ.</p> <p>Belford Hospital, Out-Patients Dept., Fort William.</p> <p>Caithness General, Out-Patients Dept., Wick</p>	<p>Confidential, free service to all ages and both sexes. Can provide screening and treatment of sexually transmissible infections, contact tracing, expert advice and free provision of all methods of contraception, HIV testing and counselling, free pregnancy testing and counselling, breast-examination and teaching of breast self-examination and free postal condom service.</p>

<p><u>R.A.L. - Rape and Abuse Line</u> www.rapeandabuseline.co.uk</p> <p>PO Box 10, <u>Dingwall</u>, Ross-shire , IV15 9HA Tel: 01349 865316</p> <p>Freephone Tel: 080 8800 0123 – (answered by female support workers) (open 7-10pm most evenings)</p> <p>Freephone Tel: 080 8800 0122 – (answered by male support workers) (open selected evenings 7-10pm)</p>	<p>They offer confidential telephone support for people who have survived rape and/or abuse, no matter how long ago their experiences were. They also offer support to the families, partners and friends of the person who has been affected.</p> <p>In some parts of the Grampian and Highland areas of Scotland, They can offer face to face support and/or counselling. RAL's support workers offer the Person-centred Approach which means that rather than advise the client, they work with them to help them find the way forward that is right for them.</p> <p>All of their support workers receive monthly professional supervision, on-going training and have been cleared by Disclosure Scotland.</p>
<p><u>Ross-Shire Women's Aid</u></p> <p>Tel: 01349 863 568 (open Mon and Tues 10:30 - 5:30pm, and Wed – Sun 10:30 - 11pm)</p> <p>Dedicated Young person's line (phone or text): 07850 831 842 (open Mon-Fri 10 – 5)</p>	<p>They provide refuge, information, practical and emotional and confidential support for women, children and young people experiencing domestic abuse. They have a specific outreach service covering Wester Ross and Skye and Lochalsh for those unable to access refuge.</p> <p>In addition they provide an outreach service for Young People and children in the Ross and Cromarty area. They can come to you and meet in a place that feels safe for you.</p>
<p><u>Samaritans</u> www.samaritans.org.uk</p> <p>National helpline: 08457 909090 e-mail: jo@samaritans.org Chris, PO Box 9090, Stirling, FK8 2SA.</p> <p>67a Tomnahurich Street, <u>Inverness</u>, IV3 5DT. Tel: 01463 713456</p> <p>7 Riverside Place, <u>Thurso</u>, Caithness, KW14 8BZ. Tel: 01847 895656</p>	<p>Samaritans volunteers provide an emotional support service to people of all ages who are feeling down, who are finding it difficult to cope and who need someone to talk to. They also want to help those who are feeling so bad that they have suicidal thoughts or feelings. This is a confidential service.</p> <p>Their volunteers won't judge or criticise but will listen and help the person to think how they can deal with the feelings that they have. Whatever situation someone is dealing with, they want to help – family problems, relationship break-ups, bereavement, bullying, and work. They are available 24 hours a day, 7 days a week by phone, e-mail, letter, and even face to face if your local branch is open.</p>
<p><u>Sexual Health Line</u> www.condomessentialwear.com</p> <p>Freepost, PO Box 4000, <u>Glasgow</u>, G3 8XX. Tel: 0800 567123</p>	<p>Information and advice on sexually transmitted infections and HIV/AIDS. Telephone line open 24 hours. Phone number will not show on itemised bills.</p>

<p><u>Sexwise</u> www.ruthinking.co.uk Tel: 0800 282930 For people with an hearing impairment: 0800 328 1651</p>	<p>This helpline is free and confidential providing information on sex, your relationships and contraception. The service is for those up until age 18. The telephone helpline is available from 7 am to 12 midnight every day.</p>
<p><u>Terrence Higgins Trust Scotland</u> www.tht.org.uk 34 Waterloo Place, Inverness, IV1 1NB. Tel: 01463 711585 Fax: 01463 711793 Email: info@highland.org.uk</p>	<p>This organisation provides a range of free, confidential, anonymous services providing information, support and counselling. The Highland Service Centre is open Mon–Fri (9.30am–12.30pm; 1.30pm–4.30pm). The Free Testing Clinic is open Tuesdays 5pm–7pm</p> <p>Services include:</p> <ul style="list-style-type: none"> • HIV support and prevention services • Lesbian, Gay, Bisexual and Transgender Support • Free testing for HIV, Hepatitis and STIs • Counselling and Group empowerment • Free safer sex materials by post • Education, training/development, outreach • Needle exchange

It's MY Life

“Not only should our choices be mapped out with our full knowledge and understanding, I feel there should be a back up plan worked out in case funding or places fall down at the last hurdle. As people with disabilities need a full and interesting life the same as other young adults as we all have a place in society and we should be treated equal.”

“... has her best friends, her whole family and her teacher to talk to and socialises by “cleaning up, babysitting, shopping, swimming and going to the pictures.”



The organisations and services within this section are listed in alphabetical order

Advice on It's MY Life

<p><u>Badaguish Outdoor Centre</u> www.badaguish.org</p> <p>Badaguish Outdoor Centre, Glenmore, Aviemore, Inverness-shire, PH22 1QU. Tel: 01479 861285 Fax: 01479 861258 Email: info@badaguish.org</p>	<p>Badaguish is an exciting yet sheltered environment which people of all abilities can enjoy.</p> <p>Badaguish has an extensive range of half-day, evening and full day activities to suit all abilities and ages. Activities include mountain biking, archery, canoeing, indoor climbing, rock climbing, abseiling, scrambling, hill-walking, problem solving, zip wiring and a high ropes course which offers 'challenge by choice' and team-building opportunities. All activities are run by qualified, experienced instructors who enjoy helping people to make the most of their time. There is a variety of self catering accommodation in well equipped lodges, bunkhouses, a bothy and camping. Suitable for families, adult groups and school and youth groups and special needs groups. Respite care, vocation training and work experience is also available.</p> <p>The Centre provides twenty four hour respite care for unaccompanied individuals and groups of up to twelve people. Four log-cabin lodges can sleep up to ten people with five shower rooms mostly en-suite. All lodges have two downstairs bedrooms, one with extra large accessible shower room en-suite. One bedroom is extra large for electric wheelchair access. An individual would need to confirm suitability. Large campsite with respite log-cabin lodge can accommodate up to ten people. Large covered sports hall with soft flooring, games room, BBQ hut, activities on and off-site including archery, zip-wire / abseil, high ropes course, climbing and canoeing for all abilities.</p>
<p><u>Beachview Lodge Respite Unit</u></p> <p>Muirfield Road, Brora, Sutherland, KW9 6QY. Tel: 01408 622004 Fax: 01408 621077</p>	<p>Beachview Lodge is a 6 bed respite care unit; it is located in the village of Brora on the east coast of Sutherland approximately one hour drive north of Inverness. It can also be accessed by bus or train.</p> <p>All rooms have en-suite facilities and are equipped with Television, DVD players etc. The unit has shared use of a mini bus to enable guests to access facilities in the local community.</p> <p>Their aim is to provide short term or respite breaks for adults with learning or physical disability, who either live independently or with parents or carers. A pre respite visit can be arranged by calling the number opposite.</p>
<p><u>Dingwall Drop-in Youth Kafe</u> www.youthkafe.co.uk</p>	<p>The Drop-In Youth Kafe in Dingwall was set up to give local young people (age 12-18) a</p>

<p>Dingwall Drop-in Youth Kafe (Contd)</p> <p>The Drop-in, Dingwall Youth Kafe, Tulloch Street, <u>Dingwall</u>, IV15 9JY. Tel: 01349 867771 Email: youthkafe@btconnect.com</p>	<p>warm and friendly place to come and socialise. It's somewhere to meet up with your mates and have a laugh, to play games on the PS2, enter regular competitions, listen to music or use the computer. You can get a bite to eat, get involved with arts & crafts, play the guitar or piano (for which we hold weekly lessons for anyone interested), or just chat and chill out...</p> <p>They also have lots of games and activities to entertain you, such as: pool, table football, table tennis, darts and air hockey, as well as all of the friendly volunteers who help to make sure things run smoothly and everyone feels cared about, happy and safe.</p>
<p>Disability Snowsport UK www.disabilitysnowsport.org.uk</p> <p>Cairngorm Mountain, <u>Aviemore</u>, PH22 1RB. Tel: 01479 861272 Email: admin@disabilitysnowsport.org.uk</p>	<p>Provides access to snow sports for people with disabilities in Highland and throughout the UK.</p>
<p>Duke of Edinburgh's Award www.youthscotland.org.uk or www.spanglefish.com/YouthHighland</p> <p>Rebecca Raynes, Highland Council, Education Culture and Sport, Glenurquhart Road, <u>Inverness</u>, IV3 5NX. Tel: 01463 702053 Email: rebecca.raynes@highland.gov.uk</p>	<p>Duke of Edinburgh Awards</p> <p>The Duke of Edinburgh Award is on offer through some schools, youth clubs, and voluntary organisations. They are aimed at young people aged 14-25 and there are three levels – Bronze, Silver and Gold. At each level you complete 4 sections, involving voluntary activity, physical recreation, skill development and an expedition. You can gain certificates for each section you complete.</p> <p>Young Quality Scot Awards</p> <p>Are you involved in work within your community and want to get it recognised? The Young Quality Scot Award scheme recognises and rewards the efforts of young people to improve the quality of life in their communities and is operated as a partnership between Quality Scotland and Quality Scotland organisations, local authorities, YouthLink and voluntary youth organisations.</p> <p>You must be aged between 16 and 19 years of age, and personally actively involved in trying to make a difference in their community - on your own initiative, with friends or through a club or other organisation.</p> <p>Young Scot Awards</p> <p>The Young Scot Awards recognise and celebrate the amazing contribution that ordinary young people aged 12-22 make each day to their communities and country. Nominations of individuals and groups take place through the Sunday Mail and Young Scot website, with a closing date</p>

<p>Duke of Edinburgh's Award (Contd)</p>	<p>usually around February.</p> <p>These awards have 12 categories – volunteering, arts, heritage, democracy, enterprise, sport, cultural diversity, unsung, environment, health, entertainment, and community. From winners in each of these sections one Young Scot is named. Please contact Rebecca Raynes for more information</p>
<p><u>Eden Court</u> www.eden-court.co.uk</p> <p>Bishop's Road, <u>Inverness</u>, IV3 5SA.</p> <p>Administrator and general enquiries Tel: 01463 239841</p> <p>Eden Court Box Office: 01463 234234</p> <p>Eden Court Arts Education - Judith Aitken: 01463 239841 Email: jaitkin@eden-court.co.uk</p> <p>Drama Artist – John Batty Email: jbatty@eden-court.co.uk</p> <p>Please Note – An Additional Needs Drama Worker will be in post from Oct '07 – contact John Batty for more information</p>	<p>Eden Court Arts Education aims to be consistently rewarding: providing entertaining, creative, occasionally challenging, or diverse arts events and activities for children, young people and adults in Inverness and throughout the Highlands. There are currently two strands to work within the department:</p> <p>Out of Eden works throughout the Highlands empowering children and young people from all sections of society, through participation in creative activities in a safe and friendly environment. Out of Eden promotes the partnership between Eden Court and Highland Council by offering high quality, locally based theatre arts activities in rural and urban areas within the local authority area.</p> <p>Inside Eden aims to provide life-long learning opportunities in arts activities for children age 0-12, young people age 12-26 years, adults and people with additional needs. They aim to be an inclusive organisation and would endeavour to offer facilities if required for certain additional needs. With the new Additional Needs Drama worker they will be able to offer a whole new level of provision for people with additional needs.</p>
<p><u>ENABLE Scotland</u> www.enable.org.uk</p> <p>Branch Secretary, Edith Black, 13 Leighton Drive, Hilton, <u>Inverness</u>, IV2 4HS. Tel: 01463 221107</p> <p>6th Floor, 7 Buchanan Street, <u>Glasgow</u>, G1 3HL. Tel: 0141 226 4541 Fax: 0141 204 4398 Email: enable@enable.org.uk</p>	<p>ENABLE Scotland is committed to improving opportunities for people with learning disabilities and their families by developing and providing services that support people to live, work and enjoy a meaningful role in everyday life.</p> <p>As a branch they run the Monday Club for adults with a Learning Disability, the club meets every Monday evening in the Spectrum Centre between 7.30 and 9.30pm. They also have an ACE Committee (Advisory Committee to Enable) which is a self advocacy committee comprising members with a learning disability who discuss issues affecting their daily lives. This in turn informs Enable of campaign/policy issues.</p>

<p><u>FALCON Project</u> www.volunteeringhighland.org</p> <p>Volunteering Highland, The Gateway, 1a Millburn Road, <u>Inverness</u>, IV2 3PX. Tel: 01463 711393 Email: falcon@fsmail.net</p>	<p>Falcon is an acronym, standing for: Fun, Access, Life Skills, Choices, Opportunities, Now. The Project supports adults, aged 16+, with special needs by enabling them to undertake a meaningful volunteering role and to receive maximum benefit from that role, by means of training & support provided by a buddy. They also run a circle befriending group which enables access and choices for social activities, and meets on Tuesday and Thursday evenings. The group become involved in all sorts of activities including drama, drumming, arts and crafts, raft races, parades, bowling and sports etc. For more information and to discuss your needs please contact David Thompson.</p>
<p><u>Girlguiding Scotland</u> www.girlguidingscotland.org.uk</p> <p>Girlguiding Scotland, 16 Coates Crescent, <u>Edinburgh</u>, EH3 7AH. Tel: 0131 226 4511 Email: marketing@girlguiding-scot.org.uk</p>	<p>The Senior Section is an all-embracing term for GirlGuiding Scotland members who are between 14 and 25 years old.</p>
<p><u>Health and Happiness</u> www.healthandhappiness.org.uk</p> <p>22 Market Brae, <u>Inverness</u>, IV2 3AB. Tel: 01463 248824</p>	<p>Health and Happiness is the dream of adults with learning disabilities living in the Highlands. It is about making life better and fairer. It is about having the right to speak up for how they would like to live their lives and the choices they want to be able to make - just like anybody else. They want a safe place to live; to be able to go out and work; to meet their friends and have relationships; to enjoy good health.</p> <p>Health and Happiness runs a variety of projects across Highland, including gardening schemes, Youthbanks, leisure link, citizen advocacy, adapted bicycle initiatives, theatre/drama, as well as work raising awareness on health issues and learning disability. Health and Happiness is also looking to train adults with a learning disability in how to become trainers on health awareness and to start a women's group and a men's group. As different projects operate in different areas, if you need any further information, please contact the number detailed opposite.</p>

Highland Council Service Points

Badenoch & Strathspey

Ruthven Road, **Kingussie**, PH21 1EJ.

Tel: 01540 664502

School House, Milton Park, **Aviemore**,
PH22 1RR.

Tel: 01479 811990 Fax: 01479 811502

The Town House, The Square,
Grantown-on-Spey, PH26 3HF.

Tel: 01479 872539 Fax: 01479 872942

Ross & Cromarty

3/5 Obsdale Road, **Alness**, IV17 0TY.

Tel: 01349 882366 Fax: 01349 883580

Black Isle Leisure Centre, Deans Road,
Fortrose, IV10 8TJ.

Tel: 01381 620797 Fax: 01381 621085

Achtercairn, **Gairloch**, IV21 2BP.

Tel: 01445 712572 Fax: 01445 712911

62 High Street, **Invergordon**, IV18 0DH.

Tel: 01349 852472 Fax: 01349 853803

Lochcarron Service Point, Main Street,
Lochcarron, IV54 8YD.

Tel: 01520 722241 Fax: 01520 722324

Seaforth Road, **Muir of Ord**, IV6 7TA.

Tel: 01463 870201 Fax: 01463 871047

24 High Street, **Tain**, IV19 1AE.

Tel: 01862 892122 Fax: 01862 892708

North Road, **Ullapool**, IV26 2XL.

Tel: 01854 612426 Fax: 01854 613919

Sutherland

Castle Street, **Dornoch**, IV25 3FD.

Tel: 01862 812000 Fax: 01862 811847

NTC, **Bettyhill**, KW14 7SS.

Tel: 01641 521242 Fax: 01641 521242

Carnegie Building, Lairg Road, **Bonar Bridge**,
IV24 3EA

Tel: 01863 766838 Fax: 01863 766838

Gower Street, **Brora**, KW9 6PD.

Tel: 01408 622644 Fax: 01408 622645

Durine, **Durness**, IV27 4PN.

Tel: 01971 511750 Fax: 01971 511368

Main Street, **Golspie**, KW10 6RB.

Tel: 01408 635200 Fax: 01408 633120

The Service Points offer accurate, reliable information and advice on services provided by the Council. The Service Point is often used to promote local events. A Plus One Card can be applied for through the Service Point if you have a Certificate of Eligibility. You can get this from the Area Social Work Team.

Some people require a carer/attendant with them when they access Culture and Leisure facilities. This Card enables the carers to gain free access at participating venues including cinemas, leisure centres and museums.

Caithness

Market Square, **Wick**, KW1 4AB.

Tel: 01955 607719

Council Offices, Rotterdam Street, **Thurso**,
KW14 8AB

Tel: 01847 805500 Fax: 01847 805508

Lochaber

Acharacle Centre, Morrison Place, **Acharacle**,
PH36 4JT.

Tel: 01967 431487 Fax: 01967 431400

Lochaber House, High Street, **Fort William**,
PH33 6EL.

Tel: 01397 707256 Fax: 01397 702178

Library /Visitor Centre, Linnhe Road,
Kinlochleven, PH50 4SJ.

Tel: 01855 831663 Fax: 01855 831663

Mallaig and Morar Community Centre, **Mallaig**,
PH41 4PY.

Tel: 01687 460027

Nairn

The Court House, High Street, **Nairn**,
IV12 4AU.

Tel: 01667 458500 Fax: 01667 452056

Skye & Lochalsh

Tigh-na-Sgìre, Park Lane, **Portree**, IV51 9GP.
Tel: 01478 613800 Fax: 01478 613828

Industrial Estate, Old Corry Road, **Broadford**,
IV49 9AB.

Tel: 01471 820075 Fax: 01471 820076

2 Lochside, Dunvegan, **Isle of Skye**,
IV55 8WB.

Tel: 01470 521878 Fax: 01470 521582

Main Street, **Kyle**, IV40 8AB.

Tel: 01599 534270 Fax: 01599 534562

<p>Highland Council Service Points (Contd)</p> <p>Community Centre, Dunrobin Street, Helmsdale, KW8 6JX. Tel: 01431 821742 Fax: 01431 821742</p> <p>New Buildings, Main Street, Lairg, IV27 4DB. Tel: 01549 402588 Fax: 01549 402588</p> <p>Culag Annex, Culag Pier, Lochinver, IV27 4LE. Tel: 01571 844777 Fax: 01571 844779</p>	<p>Inverness 23 Church Street, Inverness, IV1 1DY. Tel: 01463 703999 Fax: 01463 703918</p> <p>Station Road, Ardersier, IV2 7SU. Tel: 01667 462658 Fax: 01667 462658</p> <p>TIC, The Car Park, Drumnadrochit, IV63 6TX. Tel: 01456 459050 Fax: 01456 459086</p> <p>Hilton Village, Inverness, IV2 4HT. Tel: 01463 246007 Fax: 01463 246010</p> <p>Memorial Hall, Fort Augustus, PH32 4DJ. Tel: 01320 366733 Fax: 01320 366774</p>
<p>Highland Council Social Work Services</p> <p>Caithness, Sutherland & Easter Ross Wick Area Social Work Office, (Children and Families/Community Care), 125/127 High Street, Wick, KW1 4LR. Tel: 01955 605040</p> <p>Bettyhill Office, Community Care, Naver Teleservice Centre, Bettyhill, KW14 7SS. Tel: 01641 521831</p> <p>Golspie Area Team, (Children & Families/Community Care), Olsen House, Main Street, Golspie, KW10 6RA. Tel: 01408 634040</p> <p>Lochinver Office, (Children & Families/Community Care), Culag Pier, Main Street, Lochinver, IV27 4DB. Tel: 01571 844332</p> <p>Thurso Area Office, (Children & Families/Community Care), 16 High Street, Thurso, KW14 8AG. Tel: 01847 893835</p> <p>Children & Families Team – NE Ross, Suie House, Brigend, Alness, IV17 0UD. Tel: 01349 882609</p> <p>Community Service Team, Unit 5, River Wynd, Teaninich Industrial Estate, Alness, IV17 0PE. Tel: 01349 884118</p> <p>Criminal Justice Service, Olsen House, Main Street, Golspie, KW10 6RA. Tel: 01408 634040</p> <p>Children and Families Team – NE Ross, Scotsburn Road, Tain, IV19 1PR. Tel: 01862 893021</p> <p>Criminal Justice Service, 27b Airport Industrial Estate, Wick, KW1 5BL. Tel: 01955 603161</p>	<p>Most of us need information, advice, or support at some times in our lives which cannot be provided by family or friends. Social Work Services may be able to help. They can: provide information; assess your needs and your carer's needs; discuss what help is available locally; provide links to Health, Housing and Education; support and arrange access to other help e.g. support workers; respond to a crisis; and take effective steps to keep people safe. They aim to act promptly to requests for information and help, and to be as flexible as possible in their response.</p> <p>Social Work Teams for children and families are arranged in around secondary schools and the associated primary schools. There is an additional Child Health Team based at Raigmore Hospital and a Team for children with complex needs as a result of their disabilities. Access to this Team is usually through multi-agency liason arrangements.</p> <p>The Team for children with disabilities assists young people with complex needs and their families to prepare and plan for the transition to the adult world. There are key differences which need to be taken into account. If a young person will require support in the adult world the assessment of needs to be undertaken early and in partnership with social work services for adults.</p> <p>Services for adults are organised into Older and Younger Adult Teams (under 65). Some Areas have a Transitions Worker who focus on supporting people in the 18 - 25 age-group or younger when child services are already involved. Assessments of young adults are guided by the Fair Access to Community Care Services Document (FACCS) which can be provided by any Highland Council Service Point.</p> <p>Contact your local Team and ask for the Duty</p>

Highland Council Social Work Services (Contd)

Children and Families Team, NW, Mid & SE Ross, Room 1, Lochbroom House, Ladysmith Street, **Ullapool**, IV26 2UZ.
Tel: 01854 613403

Community Mental Health Team, Old Medical Centre, Bankhead Road, **Wick**, KW1 5BL.
Tel: 01955 606915

Ross, Cromarty & Lochaber

Fort William Office, (Children & Families/Community Care), Fulton House, Gordon Square, **Fort William**, PH33 6DX.
Tel: 01397 707025

Children & Families Team – NW, Mid & SE Ross, Slioch, Castle Street, **Dingwall**, IV15 9HU.
Tel: 01349 865262

Children & Families Team – Skye, Lochalsh & SW Ross, Old Corry Industrial Estate, **Broadford**, IV49 9AB.
Tel: 01471 820174

Community Care Team – Skye, Lochalsh & SW Ross, Old Corry Industrial Estate, **Broadford**, IV49 9AB.
Tel: 01471 820174

Children & Families Team – Skye, Lochalsh & SW Ross, Tigh na Drochaid, Bridge Road, Portree, **Isle of Skye**, IV51 9ER.
Tel: 01478 612943

Home Care Service (West) – Dail Mhor House, **Strontian**, PH36 4HZ.
Tel: 01967 402481

Deaf Services and Hearing Support Team – Slioch, Castle Street, **Dingwall**, IV15 9HU.
Tel: 01349 865262

Community Care Team – East Ross & Cromarty, Slioch, Castle Street, **Dingwall**, IV15 9HU.
Tel: 01349 865262

Children & Families Team – Skye, Lochalsh & West Ross, Graham House, **Dornie**, IV40 8DT.
Tel: 01599 555424

Inverness, Nairn & East Highland – Children and Families Affected by Disability, Ness House, Drummond Road, **Inverness**.
Tel: 01463 246880

Community Learning Disability Team, Glen Orrin, High Street, **Dingwall**, IV15 9TF.
Tel: 01349 867915

Social Worker to make an appointment for an initial discussion or to request a home visit.

Inverness, Badenoch, Strathspey & Nairn
Nairn Social Work Office, Corsee Resource Centre, Victoria Street, **Nairn**, IV12 4HH.
Tel: 01667 453951

Aviemore Area Office, (Children & Families/Community Care), The Schoolhouse, Milton Park, **Aviemore**, PH22 1RR.
Tel: 01479 810251

Community Care Team, Keppoch Road, Culloden, **Inverness**, IV1 2LL.
Tel: 01463 798337

Culloden Area Team, (Children & Families/Community Care), Keppoch Road, Culloden, **Inverness**, IV1 2LL.
Tel: 01463 791338

Learning Disability Support Team, The Corbett Centre, Coronation Park, **Inverness**, IV3 8AD.
Tel: 01463 729282

Merkinch Area Team, (Children and Families), Carsegate House, Glendoe Terrace, **Inverness**, IV3 6ED.
Tel: 01463 724049

Inverness Social Work Office, Town House, **Inverness**, IV1 1JJ.
Tel: 01463 724220

Child Health Team, Morven House, Raigmore Hospital, **Inverness**, IV2 3UJ.
Tel: 01463 701376

Community Service Office, 196 Culduthel Road, **Inverness**, IV2 6AE.
Tel: 01463 242511

New Craigs Team, New Craigs, **Inverness**, IV3 8NP.
Tel: 01463 704666

Home Care Team, 18 Hilton Village, **Inverness**, IV2 4HT.
Tel: 01463 246000

Community Mental Health Team, Larch House, Stoneyfield Business Park, **Inverness**, IV2 7PA.
Tel: 01463 711744

Criminal Justice Service, Carsegate House, Glendoe Terrace, **Inverness**, IV3 6ED.
Tel: 01463 724022

Emergency Standby Team, Family Resource

Highland Council Social Work Services (Contd)

Criminal Justice Service, Station Road, **Dingwall**, IV15 9JX.
Tel: 01349 865600

Dingwall Social Work Office, Council Offices, High Street, **Dingwall**, IV15 9QN.
Tel: 01349 868567

Children and Families Resources Manager – Council Offices, High Street, **Dingwall**, IV15 9QN.

Community Care Team – Skye, Lochalsh & West Ross, Howard Doris Centre, Mill Brae, **Locharron**, IV54 8YQ.
Tel: 01520 722541

Community Care Team – Skye, Lochalsh & West Ross, Graham House, **Dornie**, IV40 8TD
Tel: 01599 555424

Community Care Team – South West Ross, Unit 1, Achtercairn, **Gairloch**, IV21 2BH.
Tel: 01445 712915

Fort William Social Work Office – Tweeddale, High Street, **Fort William**, PH33 6EL.
Tel: 01397 703397

Children's Resources Team, An Drochaid, Claggan, **Fort William**, PH33 6QL.
Tel: 01397 703263

Community Mental Health Team - Fulton House, Gordon Square, **Fort William**, PH33 6DX.
Tel: 01397 707025

Criminal Justice Service – Unit 4B1, Blarmore Industrial Estate, **Fort William**, PH33 6DX.
Tel: 01397 704668

Home Care Service (East) – Tweeddale, High Street, **Fort William**, PH33 6EL.
Tel: 01397 703397

Home Care Service (South) – Room 8, Glencoe Hospital, **Glencoe**.
Tel: 01855 811708

Community Mental Health Team, County Hospital, **Invergordon**, IV18 0JR.
Tel: 01349 853636

Community Mental Health Team – Urray House, Great North Road, **Muir of Ord**, IV6 7SY.
Tel: 01463 871901

Centre, Limetree Avenue, **Inverness**, IV3 5RH.
Tel: 0845 769 7284

Porterfield Prison Team, Porterfield Place, **Inverness**, IV2 3HH.
Tel: 01463 223489

Raigmore Hospital Team, Raigmore Hospital, **Inverness**, IV2 3UJ.
Tel: 01463 704204

<p><u>Highland Disability Sport</u></p> <p>Lesley Jones, Ruthven House, Drummond School, Drummond Road, <u>Inverness</u>, IV2 4NZ. Tel: 01463 232262</p>	<p>Highland Disability Sport (HDS) is the branch member of Scottish Disability Sport (SDS) who are the governing body for leisure and sport for people with disabilities in Scotland. As a branch member HDS co-ordinates all activities in sport and leisure in the Highlands. They arrange all the sporting activities Highland wide and encourage people to participate and compete regardless of their ability or age in various sports such as bowls, football, swimming, athletics, boccia to name a few. Most just enjoy taking part for pleasure and fun. From our Highland events we have selected teams or individuals who compete at the Scottish National Championships where some have had success. Team Highland recently took part in the 2005 Special Olympics and won 73 medals.</p>
<p><u>Highland Disability Sport: Caithness</u></p> <p>Lynne Murray – Tel: 01847 890626</p>	<p>This sports club for disabled people offers the following activities:- April – Aug - Outdoor Athletics Aug – Sept - Outdoor Basketball Winter months - Carpet Bowls and Indoor Basketball Swimming may also be available.</p> <p>All of the above depends on availability of volunteers so please ring for more information.</p>
<p><u>Highland Disability Sport: Lochaber</u></p> <p>Ann Brown - Tel: 01397 703740</p>	<p>A sports club catering for all ages and abilities. Based at the Nevis Centre in Fort William on Tuesdays from 6.00pm - 7.00pm for all disabled people in the Lochaber area, during term time.</p>
<p><u>Highland Disability Sport: Ross & Cromarty</u></p> <p>Morag Robb - Tel: 01349 853508 Charlie Forbes - Tel: 01463 232262</p>	<p>This group is not up and running at the time of going to print. Please phone Charlie Forbes or Morag Robb for more information.</p>
<p><u>Highland Seagull Trust</u></p> <p>Heather Smart - Service Point Officer, Service Point Highland Council, Memorial Hall, <u>Fort Augustus</u>, PH32 4DJ. Tel: 01320 366733 Email: heather.smart@highland.gov.uk</p>	<p>Provides free cruising on the Caledonian Canal for the elderly and those with special needs. Maximum of 12 passengers (max. 4 wheelchair users). Runs from April to September, Monday to Friday, with 2 trips per day (10.30am and 2.00pm). Trips last approximately 2 hours. Booking is essential.</p>
<p><u>National Autistic Society (NAS) Scotland</u> www.autism.org.uk/scotland</p> <p>Head Office NAS Scotland, Central Chambers, 1st Floor, 109 Hope Street, <u>Glasgow</u>, G2 6LL. Tel: 0141 221 8090 Fax: 0141 221 8118 Email: Scotland@nas.org.uk</p>	<p>NAS Inverness Social Group The Inverness Social Group is for young people and adults aged 16+ at the high-functioning end of the autism spectrum, such as those with Asperger syndrome (AS). The groups are facilitated by a Social Programmes Manager who is responsible for a number of groups in their area. Social Groups are supported by volunteers who are recruited, CRB checked and trained by the NAS.</p>

<p>NAS Scotland (Contd)</p> <p>Inverness Office: NAS Scotland, Fairways House, Fairways Business Park, Castle Heather, Inverness, IV2 6AA. Tel: 01463 258 802 Email: InvernessOffice@nas.org.uk Sandra Buckley - Social Programmes Manager Email: sandra.buckley@nas.org.uk</p>	<p>Volunteers come from all walks of life. Social Groups are membership groups which meet monthly, and activities are discussed and decided on by group members. Social Programmes Managers and volunteers then support the Social Group members to make things happen. Activities can include going to the cinema, meeting up in the pub for a drink, going for a meal, visiting a museum, or meeting up as a group for a chat or to play board games.</p>
<p><u>Riding for the Disabled Association</u> www.skyeridingcentre.co.uk</p> <p>Forres & Nairn RDA, Christine Negus, The Pines, Health Neuk, Findhorn, IV36 3WN. Tel: 01309 691823</p> <p>Skye Riding Centre, 2 Suledale, by Portree, Isle of Skye, IV51 9PA Tel: 01470 582419</p>	
<p><u>Riding for the Disabled Association – Chapelton Farm Group</u></p> <p>Chapelton Farm Group, Mairi Cameron, Ach nan Each, Dalreoch, Lower Dunain, Inverness Tel: 01463 871061</p>	<p>Chapelton Farm RDA Group offer individual or group riding which includes games on horse back. They also offer stable management classes where you can learn to look after a pony.</p>
<p><u>Riding for the Disabled Association – Highland Group</u> www.borlum.com</p> <p>The Highland Group, Borlum Farm, Drumadrochit, Inverness-shire, IV63 6XN. Tel: 01456 450220 Email: info@borlum.com</p>	<p>The Highland Group provides regular riding therapy to over 200 riders with a range of physical and learning disabilities from throughout Highland Region. Highly qualified instructors and experienced volunteers support riders in lessons, treks, horse care sessions and grade tests.</p>
<p><u>SOAR (Socialisation, Opportunities, Activities, Recreation)</u></p> <p>Joss Street Hall, Invergordon, IV18 0AP. Tel: 01349 853508 Email: office@soaryp.org.uk.</p>	<p>SOAR Youth Projects provide out of school clubs for young people aged 5-19 with a range of disabilities. They provide holiday clubs and after school clubs for people aged 5-19 years. For young youths they provide a weekly Friday night youth club. They also run a YOFI (Youth Opportunities for Independence) Club for young people aged 15 plus. If you would like information on the clubs then please contact us.</p>
<p><u>The Boys' Brigade</u> www.boys-brigade.org.uk</p> <p>Carronvale House, Carronvale Road, Larbert, Stirlingshire, FK5 3LH. Tel: 01324 562008 Fax: 01324 552323 Email: scottishhq@boys-brigade.org.uk</p>	<p>The Boys' Brigade will care for and challenge young people for life through a programme of informal education underpinned by the Christian faith. The Seniors are for young men aged 15 to 18 years of age. In this section young men can experience responsibility, challenges and gain recognition for their work.</p>

<p><u>The Scouting Association</u> www.scouts.org.uk</p> <p>Scottish Scout Headquarters, Fordell Firs, Hillend, Dunfermline, Fife, KY11 7HQ. Tel: 01383 419073 Fax: 01383 414 892 Email: shq@scouts-scotland.org.uk</p>	<p>The aim of the Association is to promote the development of young people in achieving their full physical, intellectual, social and spiritual potential, as individuals, as responsible citizens and as members of their local, national, and international communities.</p> <p>The method of achieving the Aim of the Association is by providing an enjoyable and attractive scheme of progressive training, based on the Scout Promise and Law, and guided by adult leadership.</p>
<p><u>Youth Cafes</u> www.youthcafes.org.uk</p> <p>To find your local Café, please contact: The Prince's Trust, 81A Castle Street, Inverness Tel: 01463 729364</p> <p>Please ring the above number to contact the following people for more information:</p> <p>Paula Molyneux – 'xlerate with xl' and 'First Steps/Highland Recharge'</p> <p>Bridget Trussell – Youth Cafes</p> <p>Bill Anderson – Manager</p>	<p>They provide proven, high quality, personal development and training opportunities that help change young lives across the UK. Their clients are young people who are unemployed, in or leaving care, underachieving at school or (ex) offenders. The Prince's Trust has national reach, delivering practical solutions at a local level. They enable young people to overcome barriers and are enterprising in their approach.</p> <p>The Prince's Trust in Highlands and Islands support young people via the following:</p> <p>Xlerate with xl - is a preventative, personal development programme run in schools to support young people at risk of exclusion, disaffection and underachievement</p> <p>Development Awards - offer small grants of up to £500 and one-to-one support for young people facing barriers in life to give them a kick-start into education, training or work.</p> <p>First Steps/Highland Recharge - offers young people an initial platform for moving on to opportunities available through The Trust and other support agencies. First Steps in the Highlands and Islands, more commonly called Highland Recharge, takes place on Fingal of Caledonia and sails on the Caledonian canal from Inverness to Fort William</p> <p>Youth Cafes - The trust is engaging with groups of young people in Highlands & Islands to deliver a package of funding, training and guidance in sustaining youth cafe activity.</p> <p>They help clients gain the skills, qualifications or finance they need to find work or start-up in business. They help them to develop self-confidence and motivation so they can improve their quality of life. They bring young people together from different backgrounds, cultures and faiths, so that they can make a positive difference to their communities. They help offenders break the cycle of crime by offering them the training and support they need to turn their lives around.</p>

Health and Support

“... looks after her health by eating a healthy diet and taking exercise – she walks a lot. If she needs advice on health matters she would arrange to see the local nurse.”

“... keeps healthy by taking exercise, eating healthily and health lessons.”



The organisations and services within this section are listed in alphabetical order

Advice on Health and Support

<p><u>Alcohol Counselling Inverness</u> www.alcoholcounsellinginverness.org</p> <p>34A Tomnahurich Street, <u>Inverness</u>, IV3 5DS. Tel: 01463 220995 Email: info.aci@btconnect.com</p>	<p>They are a voluntary organization who works with clients and counsellors on a one to one basis, which allows them to explore more sensitive issues surrounding substance misuse. They encourage their participation in other groups in the area so that the clients gain as much support as possible from various viewpoints. This is not confusing but allows clients freedom of choice.</p> <p>They deal not only with substance misuse but addictions in general, for example self harm, gambling etc. Most of these issues will tend to have an element of substance misuse running through as a current theme. Confidentiality is an important factor in their service and work with an agency confidentially policy which embraces the right to safe practice and child protection issues which take precedence.</p> <p>They offer an open door policy and have no strict referral process; they do take referrals but also welcome self-referrals. They have a policy of being supportive and non-judgmental whilst encouraging clients to take charge of their own life and value their views and their own self image.</p>
<p><u>Bipolar Fellowship Scotland</u> www.bipolarscotland.org.uk</p> <p>Studio 1016, Mile End Mill, Abbeymill Business Centre, Seedhill Road, <u>Paisley</u>, PA1 1TJ. Tel: 0141 5602050 Fax: 0141 5602170 Email: info@bipolarscotland.org.uk</p>	<p>Their aim is to offer the best service possible for those who are affected by bipolar disorder. They work hard to provide the most up-to-date information available and to direct new and innovative projects to ease the difficulties that bipolar disorder can cause.</p> <p>Their work includes:</p> <ul style="list-style-type: none"> • Maintaining an information resource centre for members and the general public, members have access to a lending library • The promotion and development of self help groups around Scotland • Supporting innovative research concerning bipolar disorder • Providing an annual conference for their members, their carers, family, friends and interested professionals around Scotland
<p><u>Blast!</u> www.invernesscitydirectory.co.uk/blast</p> <p>Nikki Fraser, Blast! Drug Information Project, 94 Church Street, <u>Inverness</u>, IV1 1EP. Tel: 01463 715454 Fax: 01463 729440 Email: blastdrugproject@btconnect.com</p>	<p>Blast is a young person's project, usually working with people between the ages of 11 and 30. They work in a non-judgemental way, providing free information, advice and support to enable young people to make informed choices and decisions. They offer a drop-in information centre, free and confidential information and support plus a highland-wide outreach service.</p>

<p><u>Breathing Space</u> www.breathingspacescotland.co.uk</p> <p>Clyde Contact Centre, Beardmore Street, Clydebank, G81 4HX. Tel: 0141 435 3901 Fax: 0141 435 3902 Email: info@breathingspacescotland.co.uk Helpline: 0800 838 587 Minicom: 0800 317160</p>	<p>Breathing Space is a free confidential phone line aimed primarily at young men in Scotland (aged 16-40) who are experiencing low mood or depression, and for those who are unusually worried and in need of someone to talk to.. The phone line is available to the public everyday from 6pm – 2am.</p>
<p><u>Cairdeas Cottage</u></p> <p>5 Bank Street, Inverness, IV1 1QY. Tel: 01463 713928 Fax: 01463 713344 Email: cairdeascottage@virgin.net</p>	<p>Cairdeas Cottage is a drop-in centre for people living in the community who may be experiencing isolation and unemployment as a result of mental illness. Their aim is to provide a balance of activities, support and understanding in relaxed surroundings and to build up the confidence of members. All activities are provided in a confidential manner, and there are staff available to offer one-to-one support. No formal referral is necessary, nor is any medical history and members can use the cottage as much or as little as they wish. The cottage does not have wheelchair access.</p>
<p><u>Caithness Deaf Care</u></p> <p>The Sensory Centre, 9 Riverside Place, Thurso Tel: 01847 895636 Email: deaf-care-thurso@ukf.net</p> <p>The Sensory Centre, 23 Telford Street, Wick Tel: 01955 606170 Email: deaf-care-wick@ukf.net</p>	<p>Caithness Deaf Care consists of 2 drop-in centres and provides many services including:</p> <ul style="list-style-type: none"> • The provision of hearing aid upkeep, issue of NHS batteries and tubing and referral to statutory services • Help, advice and information on hearing loss and associated issues • Demonstration, loan and procurement of specialist equipment for the home - flashing doorbells, pager systems, amplified telephones • Training in lip-reading skills, deaf awareness and communication tactics and basic introduction to British Sign Language (BSL) • Advocacy for profoundly deaf sign language users and hard-of-hearing clients • Home visits to residences, nursing and residential homes, hospitals, sheltered housing and day care centres for those limited by mobility, health or transport issues who cannot access services within the centres.
<p><u>Companas Cottage</u></p> <p>83 High Street, Alness, Ross-shire, IV17 0SH. Tel: 01349 884566 Fax: 01349 884572</p>	<p>Companas Scotland is a drop-in centre run by NSF (Scotland) for anybody suffering from isolation as a result of experiencing a mental health problem. They are open from Monday to Friday and have a range of activities including art, craftwork and outings. They also offer support groups and supported volunteer places in our café, shop</p>

<p>Companas Cottage (Contd)</p>	<p>and garden. You do not need any formal referral to attend the project. The drop-in centre is on two levels, so has limited wheelchair access.</p>
<p><u>Deaf Services and Hearing Support Team</u></p> <p>Slioch, Castle Street, Dingwall, IV15 9HU Tel: 01349 868711</p>	<p>The Deaf Services and Hearing Support Team provide a range of services throughout the Highland area for people of all ages who are Deaf, hard of hearing, deafened or Deafblind and their families and carers. The work of the team is split broadly into 2 categories; Deaf Services and Hearing Support.</p> <p>Deaf Services are a small, committed team of qualified social workers and support workers, all with communication skills and specialist knowledge regarding the impact of deafness. Their work includes:-</p> <ul style="list-style-type: none"> • The full range of social work services with people who are profoundly or severely deaf and find mainstream services inaccessible due to language barriers. • Work with parents and carers of children who are deaf, in liaison with Highland Deaf Education Services. • Advice and support with any issues specific to deafness. <p>Hearing Support - their trained support workers can offer advice, guidance and information in all areas of hearing loss. They also assess people for specialist environmental equipment for the home.</p>
<p><u>Eating Disorders Association (Beat)</u></p> <p>www.b-eat.co.uk</p> <p>103 Prince of Wales Road, Norwich, NR1 1DW. Office Tel: 0870 770 3256 Email: info@b-eat.co.uk</p> <p>Youthline: 0845 634 7650 Text: 07786 20 18 20 (open Mon – Fri 10.30 am – 8.30pm and Sat 1.00pm 4.30 pm) Email: FYP@b-eat.co.uk</p> <p>Adults Helpline: 0845 634 1414 (open Mon – Fri 4.00 pm – 8.30 pm and Sat 1.00pm – 4.30 pm) Fax: 01603 664 915 Email: help@b-eat.co.uk</p>	<p>beat is the leading UK wide charity providing information, help and support for people affected by eating disorders – anorexia, bulimia nervosa and binge eating disorder. Details of local contacts are freely available to callers ringing our helplines.</p> <p>beat services and support include:</p> <p>Helplines: national telephone, e-mail and text helplines.</p> <p>Self Help: UK wide network of groups run by volunteers.</p> <p>Information: via their website - leaflets and literature for individuals and organisations as well as details and contacts for treatment services in the UK.</p> <p>Training: courses and conferences for health, education and social care staff.</p> <p>Research: support for academic and clinical studies, and research trials.</p>

<p><u>Hidden Hearing</u> www.hiddenhearing.co.uk</p> <p>16 Margaret Street, <u>Inverness</u>, IV1 1LS. Tel: 01463 223412 Fax: 01463 240321</p>	<p>With over 35 years of experience treating hearing loss, they have grown steadily by providing a high quality, personal service to all their customers. All their Hearing Aid Audiologists are registered through the Hearing Aid Council, the Government appointed regulatory authority for the industry, which imposes high standards of qualification, training and continuous professional development, as well as a strict code of conduct.</p> <p>They provide a number of services, including:</p> <ul style="list-style-type: none"> • Free tests and fittings at home • Special terms for pensioners • Latest 'invisible' digital technology • Batteries and repairs for all makes of hearing aid
<p><u>Highland Drug and Alcohol Team</u> www.hdaat.org.uk</p> <p>John Dewar Building, Highlander Way, Inverness Retail and Business Park, <u>Inverness</u>, IV2 7GE. Tel: 01463 704603 Information Line: 0844 848 3778</p>	<p>The Highland Drug and Alcohol Team is one of 22 Teams in Scotland which have responsibility for developing, implementing and reviewing Action Plans on Drugs and Alcohol on an annual basis. A directory of services is contained in the Website and they would be happy to guide people through the services on request.</p>
<p><u>National Autistic Society (NAS) SCOTLAND</u> www.autism.org.uk/scotland</p> <p>Head Office: Central Chambers, 1st Floor, 109 Hope Street, <u>Glasgow</u>, G2 6LL. Tel: 0141 221 8090 Fax: 0141 221 8118 Scotland@nas.org.uk</p> <p>Inverness Office: NAS Scotland, Fairways House, Fairways Business Park, Castle Heather, <u>Inverness</u>, IV2 6AA. Tel: 01463 258 802 Email: InvernessOffice@nas.org.uk</p>	<p>This Head office is the first point of contact for the NAS in Scotland, supporting the development of services for people with autism throughout the country. It also co-ordinates all NAS services and activities including the support of NAS Branches and provides awareness-raising and consultancy. The National Director, Carol Evans, oversees NAS services and development work across Scotland and Northern Ireland. Three Regional Officers, based in Glasgow, Inverness and Aberdeen, assist the Co-ordinator and manage specific projects</p>
<p><u>National Autistic Society (NAS) SCOTLAND</u></p> <p>Helpline: 0845 070 4004 (Mon – Fri, 10am – 4pm) Email: autismhelpline@nas.org.uk</p>	<p>Autism Helpline</p> <p>The Autism Helpline provides impartial and confidential information, advice and support for people with an autism spectrum disorder, their families and professionals. The helpline: provides introductory packs and information sheets on specific subject areas, which are also available on the NAS website; signposts on to other organizations and provides details of local support available; gives out contact details for counseling services; carries out searches and provides lists of references on specific</p>

<p>NAS Scotland (Contd)</p>	<p>topics from the Autism Research Database, which contains over 15,000 records; offers access to Language Line interpreters for callers whose first language is not English; can be contacted by phone, minicom, email or letter.</p>
<p><u>National Autistic Society (NAS) SCOTLAND</u> www.autism.org.uk/scotland</p> <p>Head Office NAS Scotland, Central Chambers, 1st Floor, 109 Hope Street, Glasgow, G2 6LL. Tel: 0141 221 8090 Fax: 0141 221 8118 Email: williegilmour@nas.org.uk Willie Gilmour – Outreach Service Manager</p> <p>Inverness Office: NAS Scotland, Fairways House, Fairways Business Park, Castle Heather, Inverness, IV2 6AA. Tel: 01463 258 802 Email: InvernessOffice@nas.org.uk</p>	<p>NAS Scotland Outreach Service By providing Outreach support for individuals with autism spectrum disorders (ASDs), their aim is to ensure that the individual is supported to access the wider community and participate in everyday life. The overall aim is to empower the individual and increase their life-skills and confidence. This involves working closely with the individual and their family as well as other agencies who might be involved in their support.</p> <p>The Outreach service delivers direct support to individuals with an ASD. The team also provide training and consultancy, as well as in-depth assessments of need. All Outreach team members are appropriately trained and have experience of working with individuals with complex needs. People’s needs change across their lifespan. In addition to this, people with ASDs have recognised specific needs that will vary from person to person. In meeting those needs, the Outreach services provide a personal service, and takes account of every person’s unique circumstances. Through ongoing review, they are able to adapt this service to meet the changing needs of the person. They can provide this service 52 weeks a year, 24 hours a day.</p>
<p><u>National Autistic Society (NAS) SCOTLAND</u> www.autism.org.uk/directory</p>	<p>Autism Services Directory The Autism Services Directory (formerly known as PARIS) is an online UK-wide database of diagnostic services, schools, support groups, training courses, residential and day services and much more. The Directory is designed to help people with autism (including those with Asperger syndrome), their families and the people who work with them professionally to find out more about the services available to them. Through simple searches and browsing, users can find their nearest school, adult service, respite service, play scheme or other type of local or national service.</p> <p>The Directory provides valuable information to professionals working with people who have an autism spectrum disorder (ASD) by including details about training courses, events, professional partnerships and statutory organisations</p>

<p><u>National Autistic Society (NAS)</u> <u>SCOTLAND</u> www.autism.org.uk/signpost</p>	<p>NAS Signpost Signpost is a web resource that has been designed to give parents and carers and people with autism spectrum disorders (ASD) personalized information relevant to their situation. It could also be used by professionals seeking information to give to a specific client or patient. It asks the user to complete a brief profile on the screen by answering no more than six short questions. When the profile is complete Signpost presents information relevant to the person's age, diagnosis and locality. The user will see an introduction to autism or Asperger syndrome for the appropriate age band; overviews of the condition if the person has recently received a diagnosis; information on transition, to help prepare for major changes in life; outlines of different benefits and entitlements; results of searches in the Autism Services Directory for key services: support groups, schools, day services, residential services etc; results of searches in the Directory for training events; links to relevant further information on the NAS website.</p>
<p><u>NHS Highland: Community Nursing Learning Disabilities</u></p> <p>Glenorrin, High Street, <u>Dingwall</u>, IV15 9TF. Tel: 01349 867915 (NB – Adult only service)</p> <p>Old Health Centre, East Millicent Avenue, <u>Golspie</u>, KW10 6TL. Tel: 01408 634485</p> <p>Dunbar Hospital, Ormlie Road, <u>Thurso</u>, KW14 7XE. Tel: 01847 893263</p> <p>Community Nurses for Children and Families Affected by Disabilities (Inverness & East Highland), Ness House, Drummond Road, <u>Inverness</u>. Tel: 01463 246880</p> <p>MacKinnon Memorial Hospital, Broadford, <u>Isle of Skye</u>, IV49 9AA. Tel: 01471 822303</p>	<p>Community Learning Disability Nurses work with people with learning disabilities offering assessment of health needs and devising individual programmes to meet these needs. They cover health promotion, behaviour, sleep, relationships, sex education and activities of daily living.</p> <p>Corsee, Victoria Street, <u>Nairn</u>, IV12 4HH. Tel: 01667 452914</p> <p>Dunbar Hospital, Ormlie Road, <u>Thurso</u>, KW14 7XE. Tel: 01847 893263 (ext 244)</p> <p>The Corbett Centre, Coronation Park, <u>Inverness</u>, IV3 8AD. Tel: 01463 712342 (NB – Adult only service)</p> <p>Community Health, Fort William Health Centre, Camaghael, <u>Fort William</u>, PH33 7AQ. Tel: 01397 709855</p> <p>The Nurses Home, <u>Poolewe</u>, IV22 2JU. Tel: 01445 781288</p>
<p><u>No Panic</u> www.nopanic.org.uk</p> <p>93 Brands Farm Way, Telford, <u>Shropshire</u>, England, TF3 2JQ. Tel: 01952 590005 Fax: 01952 270962 Email: ceo@nopanic.org.uk Helpline: 0808 808 0545 (open 10am-10pm)</p>	<p>No Panic is a voluntary charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up tranquilisers. It specialises in self-help through telephone recovery groups, because most people don't have a local face-to-face</p>

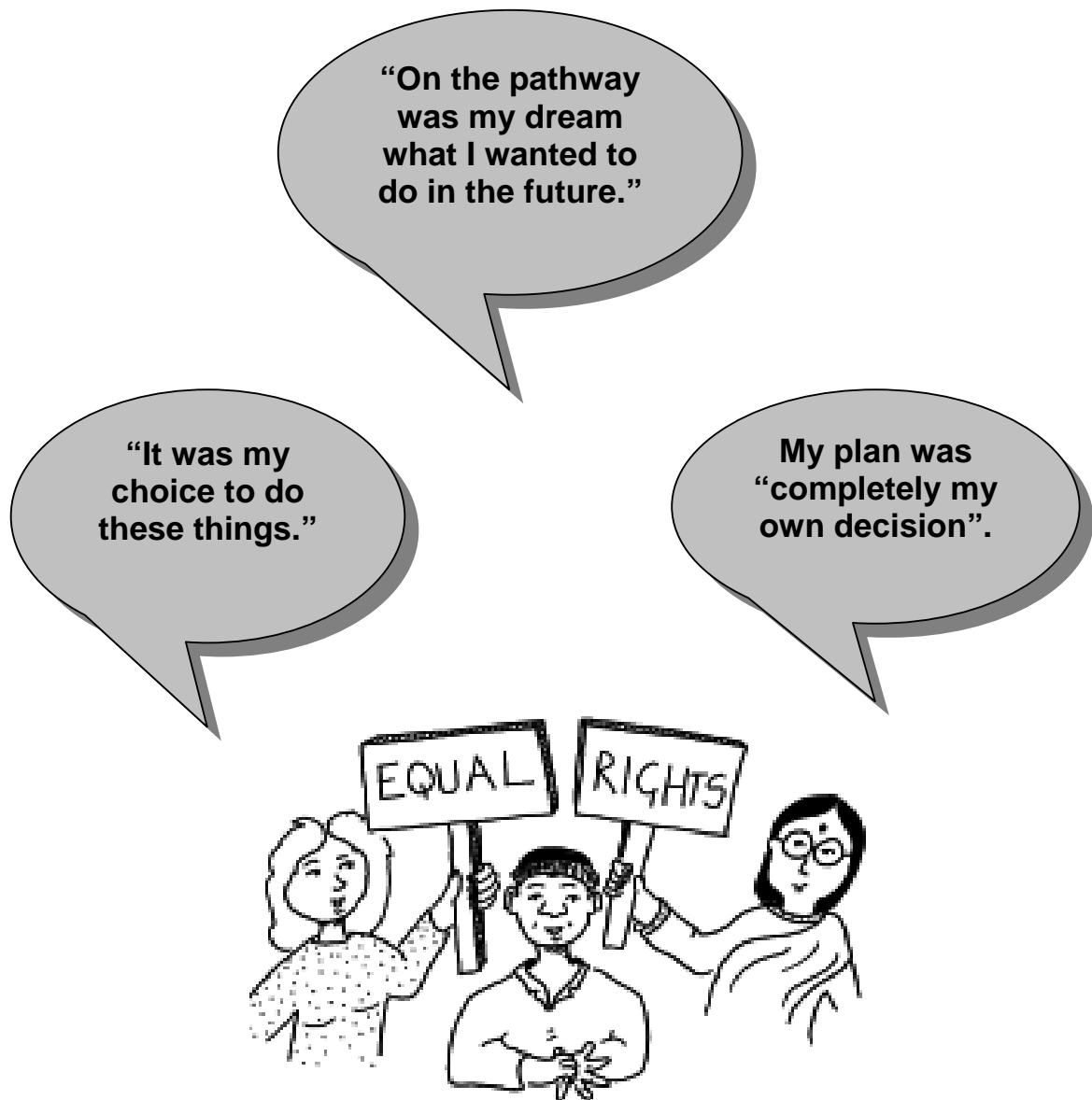
<p>No Panic (Contd)</p>	<p>group or they find getting to such a group a problem in itself.</p> <p>No Panic also provides: a 'Contact' book service for members wishing to make pen-pals; literature, tapes, CDs, videos and DVDs to help overcome anxiety disorders; information in ethnic languages; information and support to families and carers of sufferers; and information on starting and running a local face-to-face group.</p>
<p><u>Mood Juice</u> www.moodjuice.scot.nhs.uk</p>	<p>Moodjuice is a self-help internet based resource for people with mild to moderate mental health problems – reaching out to more people than currently available from psychological treatment. Self-help has been proven to work - it is flexible and allows people to work at their own pace. It avoids the stigma associated with psychological problems and has little or no reference to the NHS or local authorities and can be accessed in the privacy of ones home as often as needed.</p> <p>There are four direct points of access on the homepage: Professional area; Public area; Caring for Someone; and Feeling Suicidal.</p>
<p><u>Saneline</u> www.sane.org.uk</p> <p>1st Floor Cityside House, 40 Adler Street, London, E1 1EE. Office: 020 7375 2001 (9am-5.30pm) Fax: 020 7375 2162 Email: info@sane.org.uk</p> <p>Saneline: 0845 767 8000 (open 1pm-11pm every day) Email: sanemail@sane.org.uk</p>	<p>SANE is a national mental health charity which aims to raise awareness of mental illness and campaign to improve services and initiate and fund research into the causes of serious mental illness through its research centre. Information and emotional support is also provided to anyone affected by mental illness via the helpline, SANEline and by email, via SANEmail.</p>
<p><u>See Me</u> www.seemescotland.org.uk</p> <p>9-13 Maritime Street, Edinburgh, EH6 6SB. Tel:0131 624 8945 Fax: 0131 624 8901 Email: info@seemescotland.org</p>	<p>They produce publications with regard to reducing stigma associated with mental health.</p>

<p><u>Sense Scotland</u> www.sensescotland.org.uk</p> <p>Email: info@sensescotland.org.uk</p> <p>Head Office, West Region and Children and Family Services contact: TouchBase, Sense Scotland, 43 Middlesex Street, <u>Glasgow</u>, G41 1EE. Tel: 0141 429 0294 Fax: 0141 429 0295 Text: 0141 418 7170</p> <p>North and Highlands Regions contact: Sense Scotland North Region, The Gatehouse, Quarry Road, Northfield Industrial Estate, <u>Aberdeen</u>, AB16 5UU. Tel: 01224 695510 Fax: 01224 789945</p>	<p>Sense Scotland works with children and adults who have communication support needs because of deafblindness, sensory impairment, learning or physical disability. They lead the field in communication and innovative support services for people who are marginalised because of challenging behaviour, health care requirements and the complexity of their support needs. Their services are designed to provide choice and continuity across age groups and we work closely with families and colleagues from health, education and social work.</p> <p>Services include:</p> <ul style="list-style-type: none"> • family advisory services • community living with support for adults • support services for adults • support services for children • residential short breaks for adults (Dundee and South Lanarkshire) and for children in Greater Glasgow • art development work for children and adults • outdoor education for children and adults • practice skills training for professionals • assessments • representation, consultation and policy development • general information enquiry service • health information enquiry service
<p><u>The Glengarry Centre</u></p> <p>125 High Street, <u>Fort William</u>, PH33 6DG. Tel: 01397 700574 Email: nsfglengarry@hotmail.com</p>	<p>The Glengarry Centre is a drop-in centre for people living in the community who are experiencing mental health problems. The centre provides a friendly setting for social contact and support. Staff are available to offer individual support in a practical and confidential way. People use the centre as and when they wish and no formal referral is necessary. As a user led organisation which, where possible, tries to organise the activities which people using the centre request. The centre is not wheelchair accessible.</p>
<p><u>The Gatehouse</u></p> <p>Lawson Memorial Hospital, <u>Golspie</u> Tel/Fax: 01408 634283 Email: golspiedropin@hotmail.com</p>	<p>The Gatehouse is a facility for people in Sutherland who are recovering from mental illness. On introduction to the Gatehouse, members may be accompanied by a friend, relative or professional mental health worker.</p> <p>The Gatehouse operates a self-referral system, whereby anyone who feels they would benefit or improve their lives by using the facility is welcome to come along. The Gatehouse provides social support to those living in the community along with opportunities to become involved in a range</p>

<p>The Gatehouse (Contd)</p>	<p>of activities, supported employment and voluntary work. Members may use the facility as little or as often as they wish.</p>
<p><u>VISION 2020 UK</u></p> <p>VISION 2020 UK, 80 Elms Farm Road, Hornchurch, Essex, RM12 5RD. Tel: 01708 456832 Fax: 01708 446310 Email: m.brace@vision2020uk.org.uk</p>	<p>VISION 2020 UK is an umbrella organisation which facilitates greater collaboration and co-operation between organisations within the UK which focus on visual impairment and operate on a national, regional or international basis - VISION 2020 UK is a supporting member of the VISION 2020 Global Initiative.</p> <p>VISION 2020 UKs objectives are:</p> <ul style="list-style-type: none"> • To prevent avoidable blindness • To improve the quality of services to visually impaired people • To improve the training available to professionals providing advice and services • To improve communication between organisations within the VI Sector • To improve the availability of information to visually impaired people • To ensure that the voices of the visually impaired are heard when planning services and their opinions sought on key issues affecting their lives • To raise public awareness of the issues and problems relating to sight loss <p>In addition to the above, VISION 2020 UK will seek to provide a unified response on key issues affecting visually impaired people and to provide visual impairment sector representatives for consultation groups, working parties and project groups</p>
<p><u>Visual Impairment Services Highland</u></p> <p>38 Ardconnel Street, Inverness, IV2 3EX. Tel: 01463 233663 Fax: 01463 242249 Email: highlandvision@hotmail.com</p>	<p>We provide a range of services to help visually impaired people to become independent and safe as they wish to be, through a variety of training schemes. This includes adults whose independence and quality of life is impaired due to poor vision and would benefit from social care or rehabilitation services.</p> <p>These will include:</p> <ul style="list-style-type: none"> • Blind and partially sighted people who meet the criteria for registration • People who have sight problems and are outside the criteria for formal registration but which nonetheless cause them difficulties • People whose eye condition is not permanent e.g. people awaiting cataract surgery that may need support in the future.

<p><u>www.wellscotland.info</u> National Programme for Improving Mental Health and Well-being</p> <p>Scottish Executive, St Andrew's House (2EN), Regent Road, Edinburgh, EH1 3DG. Tel: 0131 244 2551 Email: well@scotland.gsi.gov.uk</p>	<p>The Scottish Executive's National Programme for Improving Mental Health and Wellbeing is driving a change in knowledge, attitudes and behaviour towards mental health. Their vision is to improve the mental health and wellbeing of everyone living in Scotland and to improve the quality of life and social inclusion of people experiencing mental health problems. As part of the Scottish Executive's Health Department, they take the lead on positive mental health and wellbeing improvement. They help shape, fund and support a series of key initiatives and support partnerships that are focused on different aspects of improving Scotland's Mental Health. The National Programme also undertakes a range of supporting activities to help this work move forward.</p> <p>The National Programme also produces Well? magazine. Well? is a free bi-annual magazine on improving mental health and wellbeing in Scotland.</p>
<p><u>Youth Action Service</u></p> <p>Inverness, Nairn Badenoch & Strathspey Tel: 01463 256603</p> <p>Caithness, Sutherland & East Ross Tel: 01955 605792</p> <p>Ross, Cromarty, Skye & Lochaber Tel: 01349 884764</p>	<p>Youth Action Teams provide a range of services to work directly with young people and their families, who have drugs & alcohol issues or may be involved in committing offences. They can offer support and guidance as well as specialised programmes to help young people and their families overcome these difficulties. There are 3 teams covering the Highlands, who work closely with partner agencies such as NCH, SACRO and Blast.</p>

MY Rights



The organisations and services within this section are separated alphabetically under the following headings:

- Advice on MY Rights
 - Additional Advice for People with a Disability
- Additional Advice for People who have been Cared For
 - Additional Advice for People on the Autism Spectrum
- Additional Advice for People with a Mental Health Problem
 - Additional Advice for People with a Learning Disability

Advice on MY Rights

Highland Advice and Information Network (HAIN)

www.cas.org.uk

7a Brabster Street, **Thurso**, Caithness, KW14 7AP.

Tel: 01847 894243 or 01847 896796

123 High Street, **Wick**, Caithness, KW1 4LR.

Tel: 01955 605989

Email: bureau@cnesscab.cabnet.org.uk

Community Advice & Information Service,
2 Inverewe, Grampian Road, **Aviemore**,
PH22 1RH.

Tel: 01479 810919

Raigmore CAB, Raigmore Hospital, Perth
Road, **Inverness**, IV2 3UJ.

Tel: 01463 704000 ext. 6014

N.B. Services for - Hospital Patients, Out
Patients, Patients' Families and Hospital Staff.

Macmillan/CAB Partnership, Raigmore
Hospital, Perth Road, **Inverness**, IV2 3UJ.

Tel: 01463 706259

N.B. Advice & Information Service linked to the
MacMillan service for cancer patients and their
families and carers pan-Highland.

Ross & Cromarty CAB, 4 Novar Road, **Alness**,
IV17 0QG.

Tel: 01349 883333

Ross & Cromarty CAB, 4 Church Street,
Dingwall, IV15 9SB.

Tel: 01349 864850

This organisation offers free, confidential and independent advice and information. Also specialist services, especially welfare rights and money advice, but these vary across HAIN agencies with some offering additional specialist advice. These agencies include the Citizens Advice Bureau, listed opposite. They can also offer information on the Adult with Incapacity (Scotland) Act 2000 and any other relevant legislation.

East Sutherland Village Advisory Service,
Alba

Main Street, **Golspie**, KW10 6TG.

Tel: 01408 633000

Inverness CAB, 103 Academy Street,
Inverness, IV1 1LX.

Tel: 01463 235345 (for telephone advice)

Or 01463 237664 (to arrange a meeting)

Lochaber CAB, Dudley Road, **Fort William**,
PH33 6JB.

Tel: 01397 705311

Nairn CAB, 6 High Street, **Nairn**, IV12 4BJ.

Tel: 01667 456677

North West Sutherland Advice & Information
Service, Office 3, Harbour Offices, The Pier,
Kinlochbervie, IV27 4RR.

Tel: 01971 521730

Skye & Lochalsh CAB, The Green, Portree,
Isle of Skye, IV51 9BT.

Tel: 01478 612032

Highland Trading Standards Unit

www.tradingstandards.gov.uk/highland

Email: money.advice@highland.gov.uk

TEC Services, 38 Harbour Road, **Inverness**,
IV1 1UF.

Consumer Direct: 08454 040506

Money advice: 01463 228709

TEC Services, Fulton House, Gordon Square,
Fort William, PH33 6XY.

Money advice: 01397 707004

TEC Services, PO Box 6510, **Thurso**, KW14
8YP.

Free, impartial, confidential advice and assistance for those with money or debt problems. The Highland Council Money Team can help, with budgeting, negotiate affordable payments, and check entitlement to benefits. They can also explain the meaning of letters received from creditors and discuss your legal position.

They can also help tackle any emergencies like: eviction; wages arremstments; and repossession.

National Debtline

www.nationaldebtline.co.uk

www.moneyadvicetrust.org

The National Debtline is a national telephone helpline for people with debt problems in England, Wales and Scotland. Their service is free, confidential and independent.

National Debtline are committed to

<p>National Debtline (Contd)</p> <p>Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham, B16 8TP. Tel: 0808 808 4000</p>	<p>answering your call and then discussing your debt problems with you and the options available to you. The specialist advice that they give over the telephone is backed up with written self-help materials which they can send out to you for free. If your circumstances meet certain criteria, they can, if you are interested, assist in setting up a Debt Management Plan for you, for free. Their opening times are: Monday - Friday 9am - 9pm and Saturday 9.30am - 1pm.</p>
<p>Young Scot Info Line</p> <p>www.youngscot.org for young people www.youngscot.net – corporate website</p> <p>Rosebery House, 9 Haymarket Terrace, Edinburgh, EH12 5EZ. Infoline: 0808 801 0338 Email: info@youngscot.org</p>	<p>Young Scot is the national youth information and citizenship agency for Scotland. It provides all young people between the ages of 12 and 26 with a mixture of information, ideas and incentives to help them become informed, confident and active individuals</p> <p>It's main information services are:</p> <ul style="list-style-type: none"> • www.youngscot.org: This is the national youth information portal and features over 2,000 pages of information on everything from health, travel and careers to sport, the arts and housing. It also includes competitions, discussion boards, reviews, podcasts and much more. • Young Scot InfoLine: Open from 10am till 6pm, Monday to Friday, the Young Scot InfoLine is free and confidential to phone. By calling 0808 801 0338, young Scots can access information they can trust, when they need it. <p>For more information on Young Scot go to their corporate website - www.youngscot.net.</p>
<p>Additional Advice on MY Rights for People with a Disability</p>	
<p>Department for Work and Pensions</p> <p>www.dwp.gov.uk</p> <p>Disability Benefits Centre, PO Box 38, Edinburgh, EH91 5AJ. Tel: 0131 222 5467 Helpline: 0800 882200</p>	<p>This helpline provides information on individual benefits to people with disabilities and their carers. The line also offers help with claim form completion for certain benefits.</p> <p>The Department also produce a website which will to help find out about the rights of a disabled person, and to learn more about the legislation that exists - www.disability.gov.uk.</p>
<p>Disability Rights Commission</p> <p>www.drc.org.uk</p> <p>DRC Helpline, MID02164, Stratford-upon-Avon, CV37 9BR. Tel: 08457 622633 Fax: 08457 778878 Textphone: 08457 622644 (open 8am-8pm, Mon-Fri)</p>	<p>The Disability Rights Commission (DRC) closes at the end of this month, to make way for the new Commission for Equality and Human Rights (CEHR), established under the Equality Act 2006, which opens on 1 October. For more information about the CEHR visit www.cehr.org.uk</p>

Additional Advice on MY Rights for People who have been Cared For

Highland Council Children's Rights Service

Andy McMahon, Children's Rights Officer, The Highland Council, Social Work Services, Limetree Avenue, **Inverness**, IV3 5RH.
Tel: 01463 237302 Fax : 01463 715984
Freephone: 0800 0853 569
Email: andy.mcmahon@highland.gov.uk

The Highland Council's Children's Rights Service is a Highland wide service for children and young people who are looked after at home or accommodated by the council in various placements such as Foster Care, Residential Care, Residential Schools and Secure Care.

The service is also available for young people who have left care. Services provided include Advice, Information, Support and Representation at Children's Hearings, Child Protection Case Conferences and Looked After Child Reviews. Assisting young people to use the Council's complaints procedure. Also encouraging involvement through participation and consultation on the improvement of services, procedures and policies etc.

Additional Advice on MY Rights for People on the Autism Spectrum

Autism Rights Group Highland (ARGH)

Tel: 01847 851743
Email: arghighland@hotmail.co.uk

ARGH is run by and for autistic adults living in the Highland region who are 18 years or over (without a learning disability); this includes those anywhere on the autistic spectrum.

They are a group advocacy organisation some of their aims are to:

- Campaign for better public services with the Highlands
- Train service providers to understand what autistic people really experience
- Challenge stigma and discrimination

They have meetings on the third Thursday of every month in Inverness; attendance of meetings is not required of the membership, all members are encouraged to involve themselves within the group as much or as little as they wish. If you do not have an autistic spectrum condition, then you can stay informed about the work of **ARGH** by subscribing to their newsletter. Membership is currently free (but donations are welcome).

Additional Advice on MY Rights for People with a Mental Health Problem

Advocacy Highland

www.advocacy-highland.org.uk

Third Floor, 33 Academy Street, **Inverness**, IV1 1JN.
Tel: 01463 233460 Fax: 01463 223460
Email: info@advocacy-highland.org.uk

Advocacy Highland provide independent issue based advocacy, in confidence and free of charge to anyone seeking the support of an advocate. Locally based part-time Advocacy Area Co-ordinators recruit, train and support volunteer advocates and depending on the availability of advocates will provide individual advocacy for people of all ages, including children – who have learning disabilities and mental health problems, including dementia.

Highland Users Group (HUG)

www.hug.uk.net

Graham Morgan, HUG,
Highland Community Care Forum, Highland
House, 20 Longman Road, **Inverness**,
IV1 1RY.

Tel: 01463 723557

Email: hug@hccf.org.uk

HUG aims to improve the way in which users of mental health services are treated by campaigning to improve the rights, services and treatment of people with mental health problems and challenge stigma and discrimination. HUG also works on a local, Highland and national level to influence policy and planning and ensures that the user voice is heard clearly in the development and delivery of services.

HUG's aims are:

- To be the voice of people in Highland who have experienced mental health problems
- To promote the interests of people in Highland who use or have used mental health services
- To eliminate stigma and discrimination against people with mental health problems
- To promote equality of opportunity for people with mental health problems
- To improve understanding about the lives of people with a mental health problem
- To participate in the planning development and management of services for users at a local highland and national level
- To identify gaps in services and to campaign to have them filled.
- To find ways of improving the lives, services and treatments of people with mental health problems
- To share information and news on mental health issues among mental health service user group and interested parties
- To increase knowledge about resources treatments and rights for users
- To promote co operation between agencies concerned with mental health

Additional Advice on MY Rights for People with a Learning Disability

Advocacy Highland

www.advocacy-highland.org.uk

Third Floor, 33 Academy Street, **Inverness**,
IV1 1JN.

Tel: 01463 233460 Fax: 01463 223460

Email: info@advocacy-highland.org.uk

Advocacy Highland provide independent issue based advocacy, in confidence and free of charge to anyone seeking the support of an advocate.

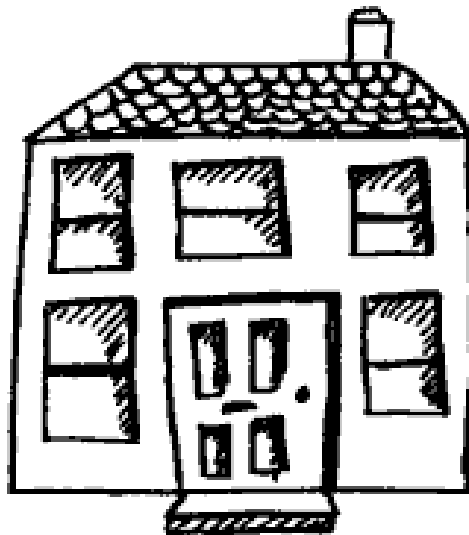
Locally based part-time Advocacy Area Co-ordinators recruit, train and support volunteer advocates and depending on the availability of advocates will provide individual advocacy for people of all ages, including children – who have learning disabilities and who have mental health problems, including dementia.

<p><u>ENABLE</u> www.enable.org.uk</p> <p>6th Floor, 7 Buchanan Street, Glasgow, G1 3HL. Tel: 0141 226 4541 Fax: 0141 204 4398 Email: enable@enable.org.uk</p>	<p>Every one of ENABLE Scotland's services ensure that every adult, young person or child has opportunities for:</p> <p>Personal Development – so that their personal growth is recognised and they are helped to learn from their life experiences</p> <p>Real Integration – so that they can use a full range of community facilities and are not limited to special activities</p> <p>Relationships – so that they can develop genuine relationships and friendships</p> <p>Real Choices – so that they can express their individuality and have meaningful control over their lives</p> <p>Participation – so that they can, along with others, influence the nature of services being provided.</p> <p>They can also supply information on the Adults with Incapacity (Scotland) Act 2000. This Act allows other people to make decisions on behalf of adults who do not have the capacity to make decisions for themselves. This covers welfare, finances and property. They can also offer information on any other relevant guideline.</p>
<p><u>People First</u> www.hccf.org.uk</p> <p>c/o Highland Community Care Forum, Highland House, 20 Longman Road, Inverness, IV1 1RY. Tel: 01463 723576 Fax : 01463 718818 Email: cfletcher@hccf.org.uk</p>	<p>This organisation supports people with learning disabilities to have an independent voice and to co-ordinate activities and meetings on their own behalf. The aim of this group is to speak out about issues that are important to them and to have more control over their lives and the services they use. There are People First groups in Caithness, Easter Ross, Inverness, Lochaber, Nairn and Skye & Lochalsh.</p>

A Home of MY Own

“I’d like to live somewhere like Dingwall in the future with my girlfriend. Not yet but in the future.”

“I’d need help to get the right money and the right house. I’d need help managing bills and so on. I think I’d manage cooking.”



The organisations and services within this section are listed in alphabetical order

Advice on A Home of My Own

<p><u>Albyn Housing Society Ltd</u> www.albynhousing.org.uk</p> <p>98-100 High Street, <u>Invergordon</u>, IV18 0DL. Tel: 01349 852978 Fax: 01349 853859 Email: office@albynhousing.org.uk</p> <p>68 MacLennan Crescent, <u>Inverness</u>, IV3 8DN. Tel: 01463 712516 Fax: 01463 242590 e-mail: office@albynhousing.org.uk</p>	<p>Provider of both rented and homestake mainstream housing. Rented accommodation includes properties designed or adapted to meet particular needs. Housing is provided in Badenoch & Strathspey, Caithness, Inverness, Nairn, Ross & Cromarty and Sutherland.</p>
<p><u>Birchwood Highland</u> www.birchwoodhighland.org.uk</p> <p>Head Office: 5 Wells Street, <u>Inverness</u>, IV3 5JT Tel: 01463 236507 Fax: 01463 236522 Email: info@birchwoodhighland.org.uk</p> <p>Birchwood House Care Home, Muirfield Lane, <u>Inverness</u>, IV2 4AX. Tel: 01463 716 600</p> <p>Caithness Support Service, Whitechapel Road, <u>Wick</u>, KW1 4EA. Tel: 01955 605719</p> <p>Easter Ross Support Service, 108 High Street, <u>Invergordon</u>, IV18 0DR. Tel: 01349 853153 (Provides support to people in Dingwall and Invergordon)</p> <p>Inverness Support Service, Unit 6A, 7-9 Canal Road, <u>Inverness</u>, IV3 8NF. Tel: 01463 716146 Fax: 01463 716121</p> <p>Lochaber Support Service, Lochaber College, An Aird, <u>Fort William</u>, PH33 6AN. Tel: 01397 874225 (Provides support in Fort William and surrounding areas)</p>	<p>Birchwood House is a centre that focuses on recovery, accommodating up to 22 service users in single rooms, studio apartments and flats. The focus of life in Birchwood House is on recovery. Qualified and experienced staff provide the care and support required to assist each service user in building/re-building links with the community and working towards their recovery. The key tool used in Birchwood House is the person-centred plan – a plan developed with each service user, designed to identify their specific needs in the recovery process.</p> <p>Birchwood House is for adults (over 18s) with diagnosed mental ill health who actively want to work with us towards their recovery. While there is no time limit placed on any individual's length of stay at Birchwood House, the aim is for service users to return to the community as soon as they are able to do so. Birchwood House is a stage in a person's recovery.</p>
<p><u>Cairn Housing Association Ltd</u> www.cairnha.com</p> <p>Email: info@cairnha.com</p> <p>Cairn House, 30 Waterloo Place, <u>Inverness</u>, IV1 1NB. Tel: 01463 220666 Fax: 01463 229470</p> <p>12-14 Dunnet Road, <u>Thurso</u>, Caithness, KW14 8HY. Tel: 01847 894483 Fax: 01847 894388</p>	<p>Provider of both rented and shared ownership mainstream housing. Housing is provided in Badenoch & Strathspey, Caithness, Inverness and Nairn.</p>
<p><u>Cairn Housing Association Ltd – Flora MacDonald House</u></p> <p>Flora MacDonald House, 30 Old Edinburgh Road, <u>Inverness</u>, IV2 3HJ. Tel: 01463 236609</p>	<p>'Providing single women with the support and opportunity to make informed housing choices and to realise their potential'. The housing support service seeks to:</p> <ul style="list-style-type: none"> • Prepare residents for independent living in the community or other appropriate alternative housing options. • Work with residents in developing

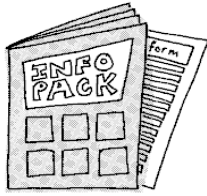
<p>Cairn Housing Association Ltd - Flora MacDonald House (Contd)</p>	<p>structured support plans</p> <ul style="list-style-type: none"> • Provide practical support and maximize choices within a safe and secure environment. • Work in partnership with other professionals and agencies • Meet the diverse needs of individuals and help in the realisation of their personal aspirations.
<p>Calman Trust Ltd www.leavinghomeinthehighlands.org www.calman.org</p> <p>17a Hilton Village, Hilton, Inverness, IV17 ORD. Tel: 01463 248630</p> <p>The Calman House, Coul Park, Alness Tel: 01349 883388</p> <p>Ferga Perry: Operations Manager: ferga@calman.org Andrew Nixseaman: Housing Support Team Leader- andrew @calman.org Maree Aldam: Information Exchange Officer- maree@calman.org Heather Pirie: Peer Education Officer - heather@calman.org Peter Noble: Dove Project Officer- peter@calman.org</p>	<p>Housing based support to young tenants (16-25) in Easter Ross and Inverness for up to 2 years. Housing related advice & information for young people in Easter Ross and Inverness.</p> <p>Training opportunities in Easter Ross and Inverness for young people in transition, including: Peer Education training and delivery; Information Exchange; Training for work: setting up training opportunities for young people to have a positive experience of the working environment and The Dove Project: Highland wide support linking young people and agencies in areas with no formal housing support service (works in Skye & Lochalsh, Nairn, Badenoch & Strathspey and Sutherland).</p>
<p>Hanover (Scotland) Housing Association www.hsha.org.uk</p> <p>95 McDonald Road, Edinburgh, EH7 4NS. Tel: 0131 557 0598 Fax: 0131 557 1280 E-mail: admin@hsha.org.uk</p>	<p>Provider of rented sheltered housing. Covers Badenoch & Strathspey and Lochaber. The Inverness scheme is for owner occupation only. To obtain an application pack, please contact the North Area Office on 01343 548585.</p>
<p>Highland Council Housing Service Area Offices www.highland.gov.uk</p> <p>Inverness Housing Office, 21-23 Church Street, Inverness, IV1 1DY. Tel: 01463 703800 Fax: 01463 715881</p> <p>Badenoch & Strathspey Housing Office, Ruthven Road, Kingussie, PH21 1EJ. Tel: 01540 664510 Fax: 01540 661004</p> <p>Wick Housing Office, Market Square, Wick, KW1 4AB. Tel: 01955 607712 Fax: 01955 605775</p> <p>Thurso Housing Office, Rotterdam Street, Thurso, KW14 8AB. Tel: 01847 805505 Fax: 01847 805508</p> <p>Sutherland Housing Office, The Meadows, Dornoch, IV25 3SG. Tel: 01862 810491 Fax: 01862 810188</p>	<p>Provider of rented mainstream and sheltered housing. The Highland Council has a duty to provide advice and assistance to people who are, or may be at risk of becoming, homeless.</p> <p>Lochaber Housing Office, Lochaber House, High Street, Fort William, PH33 6EL. Tel: 01397 707205 Fax: 01397 707247</p> <p>Nairn Housing Office, The Courthouse, High Street, Nairn, IV12 4AU. Tel: 01667 458510 Fax: 01667 452056</p> <p>Ross and Cromarty Housing Office, Ross House, High Street, Dingwall, IV15 9RY. Tel: 01349 868463 Fax: 01349 863510</p> <p>Skye and Lochalsh Housing Office, Tigh na Sgìre, Park Lane, Portree, Isle of Skye, IV51 9EP. Tel: 01478 613806 Fax: 01478 613828</p>

<p><u>Highland Small Communities Housing Trust</u> www.hscht.co.uk</p> <p>5 Ardross Terrace, Inverness, IV3 5NQ. Tel: 01463 233548 Fax: 01463 233549 Email: info@hscht.co.uk</p>	<p>The main purpose of The Highlands Small Communities Housing Trust is to take direct and practical steps of intervention on behalf of disadvantaged smaller communities in the Highlands, which will help them realise good, long-term solutions to their local, housing-related problems.</p>
<p><u>HomeAid Caithness</u> www.homeaid.org.uk</p> <p>Unit 6A, Ormlie Industrial Estate, Thurso, KW14 7QU. Tel: 01847 890696 Fax: 01847 890696 Email: enquiries@homeaid.org.uk</p>	<p>HomeAid endeavours to meet the need of vulnerable people for essential household items. They can also assist with starter packs which include items such as pots and pans, bedding, curtains and small electrical items such as kettles, toasters, etc.</p> <p>HomeAid provides a service to people who are:</p> <ul style="list-style-type: none"> • In receipt of benefits or on a low income • Currently have, or are about to take up, a tenancy in Caithness • Unable to acquire essential household items by other means • Referred to HomeAid by an approved agency
<p><u>Key Housing Association</u> www.keyhousing.org</p> <p>Savoy Tower, 77 Renfrew Street, Glasgow, G2 3BZ. Tel: 0141 332 6672 Fax: 0141 332 7478 Email: info@keyhousing.org</p> <p>Thurso: 01847 894158 Golspie: 01408 633866 Invergordon: 01349 854010 Alness: 01349 883030 Inverness: 01463 716589/220814 Nairn: 01667 451674 Fort William: 01397 702275/702068</p> <p>Highland office: If you cannot get in touch with a Local Service Manager, then contact: John Morrith - 01463 861367 Email: John.Morrith@keyhousing.org or Ian Bratt - 01463 861362 Email: Ian.Bratt@keyhousing.org</p>	<p>Key provides housing with support to enable people with learning disabilities to live in and be part of their local community. Key's vision has always been that people with learning disabilities should have the choice to build a life of their own with active support of family and friends, on a foundation of good quality support and accommodation.</p> <p>Key seeks to help individuals find a home of their own. This may be as a home owner or by getting a tenancy for a house or flat. The aim is to help people live in ordinary houses on their own or with people they have chosen to live with (friends, partners, flatmates or family).</p> <p>Key seeks to provide each individual with support which is flexible, person centred and tailored to their individual needs and aspirations. They try at all times to find ways to offer support which enables each person to lead an ordinary life with the same opportunities as other adults in our society.</p>

<p><u>Link Housing Association</u> www.linkhousing.co.uk Tel: 01397 702044 Fax: 01397 702044 Email: Kcam@linkhaltd.co.uk</p>	<p>Link housing has:</p> <ul style="list-style-type: none"> • Fort William – Maryburgh Court – has 23 single person two-apartment flats and five 2-person 2-apartment flats. • Kyle of Lochalsh – Dun Alainn - has 11 single person 2-apartment flats and one 2-person 2-apartment flat. <p>For an application form please contact the local representative on the number opposite.</p>
<p><u>Lochaber Housing Association</u> www.lochaberhousing.co.uk 30 Fassifern Road, Fort William, PH33 6XQ. Tel: 01397 702530 Fax: 01397 704141 Email: info@lochaberhousing.co.uk</p>	<p>Provider of rented mainstream housing in the Lochaber area.</p>
<p><u>Lochalsh & Skye Housing Association</u> www.lsha.co.uk Morrison House, Bayfield, Portree, Isle of Skye, IV51 9EW. Tel: 01478 612035 Fax: 01478 612035 Email: info@lsha.co.uk</p>	<p>A registered social landlord that provides rented accommodation for a wide range of client groups in the Skye & Lochalsh area. Further information can be obtained via their website.</p>
<p><u>Margaret Blackwood Housing Association</u> www.mbha.org.uk Craigievar House, 77 Craigmount Brae, Edinburgh, EH12 8YL. Tel: 0131 3177227 Fax: 0131 3177294 Email: info@mbha.org.uk</p>	<p>They accept direct applications for housing from anyone aged 16 or over. All of their housing schemes across Scotland have a mix of family houses to suit wheelchair users, people with mobility difficulties, older people and non-disabled people. There are also individual houses in smaller towns and villages. Their houses are designed to barrier-free standards, and can be adapted to meet the individual needs of tenants.</p> <p>They provide accessible housing, care and support in a variety of locations covering Badenoch & Strathspey, Caithness, Inverness, Lochaber and Ross & Cromarty. Please see their website for further details.</p>
<p><u>New Start Highland</u> www.newstarthighland.org New Start Highland, 9 Carsegate Road North, Inverness, IV3 8EX. Tel: 01463 715615 Fax: 01463 729549 Email: office@newstarthighland.org</p>	<p>New Start Highland provide services to the community in four main areas.</p> <ul style="list-style-type: none"> • Furniture Service • Recycling Service • Providing Support to Tenants • New Start Highland Shop <p>They provide a support service to assist during the initial challenging time of taking up a new tenancy. Initially they assist by providing - starter packs of basic household items made up of crockery, cutlery, pots and pans, cleaning materials and bedding. They also provide recycled second hand furniture, etc, for new tenants where needed.</p>

<p><u>Pentland Housing Association</u> www.pentlandhousing.co.uk</p> <p>Pentland Housing Association, 37-39 Traill Street, Thurso, Caithness, KW14 8AG. Tel: 01847 892507 Fax: 01847 893221 Email: pha@pentlandhousing.co.uk</p>	<p>Pentland Housing provides affordable housing solutions across Caithness, including: affordable rented housing, housing waiting list, paying rent, reporting repairs, building new houses for rent, managing houses for others, low cost home ownership, shared ownership, rural home ownership grant.</p> <p>They can provide practical help with small tasks around the home that may be difficult for you if you are old, or have a disability. If they cannot help you, they will give helpful advice on using tradesmen, or refer you to the Care and Repair scheme.</p>
<p><u>Pentland Housing Association - Care and Repair</u> www.pentlandhousing.co.uk</p> <p>Email: pha@pentlandhousing.co.uk</p> <p>Pentland Housing Association, 37 – 39 Traill Street, Thurso, Caithness, KW14 8EG. Tel: 01847 892507 Fax: 01847 893221</p> <p>30 Fassifern Road, Fort William, PH40 6XQ. Tel: 01397 702530 Fax: 01397 704141</p> <p>Morrison House, Bayfield, Portree, Isle of Skye, IV51 9ER. Tel: 01478 612035 Fax: 01478 613377</p> <p>Unit 1G, Teaninich Industrial Estate, Alness, IV17 OXS. Tel: 01349 884565 Fax: 01349 884660</p> <p>Poolewe Village Hall, Poolewe, IV22 2LD. Tel: 01445 781312 Fax: 01445 781483</p>	<p>If the young person is a homeowner or private tenant, whose home is in need of repair or adaptation, the Care and Repair service offers independent advice and assistance to help to organise the repair, improvement or adaptation of the home. This includes help in applying for grant funding from the Council and charitable trusts, if necessary. Please note that certain criteria need to be met and the work must benefit a member of the household who has disabilities and is in need of the adaptations.</p>
<p><u>Richmond Fellowship</u> www.trfs.org.uk</p> <p>1st Floor, Queensgate Business Centre, 1 Fraser Street, Inverness, IV1 1DW. Tel: 01463 239933 Fax: 01463 243859 Email: north@trfs.org.uk</p>	<p>They provide many kinds of services. Most of the people they support have their own tenancies. They design their support to meet the unique requirements of each individual. They help people manage practical tasks around the home. They also help people to get involved in the life of their community and in the activities of their choice. They also provide day services, counselling services and crisis services.</p>
<p><u>Shelters' Free Housing HelpLine</u> www.shelter.org.uk</p> <p>Helpline: 0808 8004444 Supporter Helpdesk Tel: 0845 458 4590 Email: info@shelter.org.uk</p>	<p>Shelter cannot house you, but they can give confidential help to people with all kinds of housing problems. Whether you are homeless, living in overcrowded or badly maintained housing, struggling to pay your rent or mortgage, facing eviction, having problems with your landlord, or in dispute with your neighbours.</p>

<p>Shelter (Contd)</p>	<p>Shelter will:</p> <ul style="list-style-type: none"> • tell you your rights • explain your options • help you take action. <p>Specialist Shelter projects and services around the country help people with particular housing needs. The help they provide could include:</p> <ul style="list-style-type: none"> • easing the move into a new home for households who have been homeless • supporting households struggling to maintain a tenancy • training people in DIY skills • helping people manage household finances • delivering housing services for young people • giving information and advice to ex-offenders, to improve their housing prospects. <p>Specialist support services vary from area to area according to the needs of the local community.</p>
<p><u>www.streetwise-highland.org</u></p>	<p>This is aimed primarily at people who are homeless or at risk of being homeless but is a very helpful directory of local services available in Highland, e.g. how to get good second hand furniture, where the nearest doctors surgery is etc.</p>



IT'S MY CHOICE! BOOKLET

EVALUATION FORM

PARENTS/CARERS/PROFESSIONALS

We would really like to hear your views about what you think about It's MY Choice!

On completion, please send to:

CHIP+, Birnie Child Development Centre, Raigmore Hospital, Inverness, IV2 3UJ or email to: imc@chipplus.org.uk

1) On a scale of 1 – 3, how helpful is the accessible section for young people with additional support needs in discussing the issues around transition?

1= very helpful; 2 = helpful; 3=not helpful

1 2 3

2) On a scale of 1 – 3, how helpful is the contacts section for carers and professionals?

1= very helpful; 2 = helpful; 3=not helpful

1 2 3

3) Is there anything you particularly liked about the booklet?

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4) Is there anything you particularly disliked about the booklet?

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5) If you have any comments on each of the sections please list them below.

Introduction and Useful Information

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Education, Training and Jobs

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Relationships

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It's MY Life

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Health and Support

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MY Rights

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A Home of MY Own

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6) Has this booklet identified any training needs for you?

Yes

No

If yes, please explain

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