

What support is available?

There is a number of supports available locally, these can be accessed independently or you can apply to the team or organisation to have your child assessed for a place.

- Children's With Disability Team - Social Work

This is available to children with disabilities, they provide Easter and summer activity scheme (this is supported time with your child in their base or the community, as a form of respite). They can also provide other methods of support such as, youth clubs, art clubs, Saturday club and overnight respite. Contact Sandra McAllister for more information. You can contact her on Sandra.mcallister@falkirk.gov.uk and request an application pack

- Plus Forth Valley

Plus forth valley are a charity organisation based in Stirling but have a Falkirk branch based in Enable Elgin Park, Falkirk. They provide sessions for children aged 5 and up. This is usually once a month on a Saturday, they do provide additional sessions through school holidays. As this is a charity, there is a small fee.

www.plusforthvalley.org.uk



mail@plusforthvalley.org.uk

- Falkirk Autistic Bairns (F.A.B)

FAB are a registered charity located in the Tryst community centre. They operate on a Saturday from 1pm – 3pm. It's a family support group, children from pre-school age + attend, with a short registration form to be completed and £1 per child (siblings also

Falkirk Autistic Bairns



welcome)



- Falkirk and Clackmannan Carers centre

This is a service available to anyone with a caring role, they provide support for adult carers and also provide an excellent young carers support group. The carers centre can support

you with adult support plans, they can also assist on getting a Section 23 assessment, and this is very helpful in identifying how you can be supported as a family or individual. They also have regular meet ups and info sessions on important matters. When supporting young carers, ages 8-18 they provide young carer support plans, group activities and many opportunities that may be difficult for them to access otherwise. This can also allow children to access extra benefits on their young scot card. 01324 611510 centre@centralcarers.co.uk
www.centralcarers.org



- Central Wellbeing SCIO
This is a parent support group, they can be found on facebook and have regular in person meet ups, some specifically tailored to parents of autistic children.
<https://www.centralwellbeing.org/>

Financial and practical support

- Risk in traffic blue badge – this can be acquired through the council
transportplanning@falkirk.gov.uk or 01324503131
- Bus pass – Your child may be entitled to a bus pass with a +1 (carer). This is available from Falkirk Library, they will assist you in applying, take your child's photo. An appointment may be necessary. A +1 bus pass is often accepted as proof that a person requires a carer.
- School Clothing Grant – Available for all children in primary and secondary education, means tested and on certain benefits. Apply on council website.
- Free School Meals - Apply on Council website, must be on certain benefits and means tested.
- EMA - This is a payment for children aged 16+ who remain in full time education. Apply through council website, means tested.

- **Social Security Scotland**

Child Disability Payment - You can apply online or request a form. If you contact them you can receive support to fill this out. This is care needs dependant.

Scottish Child Payment – available to anyone on certain benefits i.e. UC, Tax Credits, Income support.

Best Start & Best Start Foods – These are available from pregnancy up until your child starts school. Again this is available if you receive certain benefits.

Young Carers Grant – Available to young carers aged 16, 17, or 18. This is a yearly payment of £359.65

Carers Supplement – This a payment provided by the Scottish government twice a year to people receiving carers allowance.

Carers Support Payment – This will be the Scottish version of carers allowance, it is being trialled in certain areas and will be rolled out in due course. This is also going to be made available to carers age 16+ still in education or to adults in education.

Please see www.mygov.scot/browse/benefits/children-and-family for further information.

- **Universal Credit** – if your child already receives CDP/DLA/PIP you can request added elements to your claim; Disabled Child Element, there is 2 rates Low Rate if your child receives low or middle rate care and Higher Rate if your child receives high rate care (for each child receiving CDP/DLA) . Caring Element, this is applied if you care for anyone who receives relevant benefits (ADP, CDP, PIP, AA and DLA). This can also reduce your need to look for work, especially as your caring role may be very demanding.
- Carers Allowance – You must be caring for someone who is receiving a disability benefit, this is also dependent on your weekly wage if you work, or can be deducted from you UC if you claim.
- Warm Home Home Discount – This is available through your gas and electricity provider and can be claimed if anyone in the home is on qualifying benefits.

A lot places (Blair Drummond Safari Park, Science centre, Zoo's, Cinemas and deep sea world to name a few) will have a "Carer Goes Free" policy, this can reduce costs of days out, especially when extra adults may be required to make this a success. You can use your child's award letter, a +1 bus pass or a blue badge as proof.

This information has been collated through parent carers and will be updated and shared as necessary.