



EDVA ASN Network

Group List & Useful Information

To add info email : joni.mitchell@edva.org

Support Contacts—Where can I get advice?

Local Area Co-ordinator team—Lacs@eastdunbarton.gov.uk

Local Area Co-ordination is a way of working which directly supports people and their families to identify some personal goals that they would like to achieve, then to provide support to achieve these goals. LACs work with individuals aged 14 and over who have a diagnosis on the Autistic spectrum and/or learning disability.

Parent and Carer Forum

The meetings are usually on the **2nd Wednesday of each month from 6-8pm.**

The purpose of the parent and carer forum is to bring together this cohort of people to offer peer support and increase their knowledge and awareness around what is available to them and autistic people across East Dunbartonshire regardless of age or stage of diagnosis. Email : Lacs@eastdunbarton.gov.uk

[Additional support needs Activity Groups | East Dunbartonshire Council](#)

“You are not Alone” Creatovators offer a tailored parent, carer and autistic person sessions which again has further peer support to our autism community. Welcoming around 25-35 people in per session, with 8 sessions over the year.

[You Are Not Alone - The Many Faces of Autism - Lego®](#)

[Therapy | Creatovators](#)

Email: info@creatovators.com



EDVA ASN Network

Group List & Useful Information

Outreach/LAC groups—Email: Ashleigh.Grant-Ng@eastdunbarton.gov.uk

The Local Area Coordinators and Outreach Team facilitate informal social groups in the evening for our neurodiverse community members. Here are a list of the current groups running:

Monday Social Club (Milngavie), Allander Resource Centre, 6.30-8.30pm

Monday Social Club (Kirkintilloch), Kirkintilloch Townhall, 6.00-8.00pm

Tuesday Night Bowling Club (Pro-Bowl Kirkintilloch) – currently operating a waiting list, please contact Ashleigh for more details

Wednesday Night Women's Group (Milngavie), Allander Resource Centre, 6.30-8.30pm

Wednesday Night Women's Group (Kirkintilloch), 22 Union Street, 6.00-8.00pm

MAGSS (Manga, anime, gaming, sci-fi society) 1st and 3rd Thursday of every month, William Patrick Library Kirkintilloch (if you would be interested in a group through in Milngavie/Bearsden please email Ashleigh directly to put your name down).

Take Control— Take Control East Dunbartonshire is the **Self-directed Support Service providing** information and assistance to enable all eligible people, including children and their families/carers to explore the 4 options for independent living outlined in the Social Care (Self-directed Support) (Scotland) Act 2013. We are here to support you to look at your options and provide independent information and advice. Contact us:

Tel: 0141 776 2219 Email: infoed@takectrl.org.uk

Creatovators—Creatovators is a Social Enterprise with a passionate belief that people on the autistic spectrum have a lot to offer. Provide help and support families, professionals, companies and organisations of our service-user led, "can do" approach. Lego based therapy, **advice & peer to peer support**

[You Are Not Alone - The Many Faces of Autism - Lego® Therapy | Creatovators](#)

Email : info@creatovators.com

Differabled Scotland deliver a network of support groups & support direct to all individuals with a role in caring/supporting children & young adults with Additional Support Needs (ASN).

Advice, Training, Peer to Peer Support focusing on neurodiversity

[Training — DIFFERabled Scotland](#) Email differabledscotland@gmail.com

Carer's Link deliver support groups for **Carers Advice, Training, Peer to Peer Support focusing on neurodiversity**. Partner with Differabled for individual and professional training on Neurodiversity.

<https://carerslink.org.uk/latest-events/> Email enquiry@carerslink.org.uk

Salveson Mindroom Centre— supporting parents and carers of **neurodivergent children and young people up to the age of 25 years**. Provide by Family Advice Specialist team and family outreach team.

[Autism, ADHD & Dyslexia support | Salvesen Mindroom Centre](#)

Email: clairem@mindroom.org

Groups, Clubs & Activities

Aye Can Dae For adults with additional support needs and learning disabilities: Workshops focus on having fun, spending time with friends, learning new skills, increasing **fitness levels, building confidence** and feeling good about yourself.

Visit [AYE CAN DAE Activities – Aye, you can!](#) Or Email ayecandae@outlook.com

Contact Point – Contact Point our aim is to **improve the quality of lives** by providing easy access to information on disability, carer and health issues. Our Coffee Clubs run twice weekly and are open to all, at the Park Centre. Tuesdays 1PM-3PM and Wednesday 10AM-12PM.

Email: contactp@yahoo.com

EDICT – Therapeutic Art Session for people with Autism, Bishopbriggs based, providing support to people with physical and mental health conditions.

Visit: edictarts.co.uk or Email: main.office@edictarts.co.uk

Easties – For young people 13 to 25, come to Easties which is a group for **LGBTQ+** young people, friends & allies **Peer to peer. Supports Neurodiverse young people**

Email: Raphael.Lehmann@lgbtyouth.org.uk

Groups, Clubs & Activities

EDVA—Choose Change supporting young people without a positive destination to thrive in the community. **Peer to Peer Support, walking group, gardening group & volunteering.** Email: aman-

GAB (Get a Buddy) - A befriending programme to create friendships through shared social activities. GAB is aimed at individual young people who struggle with speech, language and communication.

[Get A Buddy Programme – SLCo \(speech-language-communication-company.uk\)](http://speech-language-communication-company.uk)

Glasgow Riding for the Disabled

Email: rda@rdaglasgow.org

Includem – Engage with the young person and their family or carer to develop a package of support, tailored to their specific needs.

Peer to Peer Support, ASN, Neurodiversity.

Email: ben.hogan@includem.co.uk

Indepen-dance— inclusive dance company for disabled and non-disabled people to enjoy, express, and fulfil their potential through dance

Email: claire.reda@indepn-dance.org.uk

Groups, Clubs & Activities

New Roots— Gardening Club are an inclusive, informal gardening and food-growing group based in Twechar. **Autism, Neurodiversity.**

2 clubs available Tuesday and Wednesday weekly.

Email: Lacs@eastdunbarton.gov.uk

Silver Birch— provide work focused training opportunities to adults with **learning disabilities** mainly through the provision of **Social & Therapeutic Horticulture (STH)**. Email: info@silverbirchscotland.org.uk

Tangerine Singing Group—Peer to Peer support group for Adult Carers and their families/ **Singing, Dance**, inclusive supporting neurodiversity.

Bearsden. Email: karenalbrow@hotmail.com

Spectrum Film Club— monthly inclusive **cinema night** at Kilmardinny House in Milngavie for people on the **autistic spectrum**.

Email: Lacs@eastdunbarton.gov.uk

Creative Sparks **theatre arts All-inclusive** arts school with classes in acting, singing and dancing in East Dunbartonshire. Ages 5-18

[Home - Creative Spark Theatre Arts](#) Email: jen@creativesparktheatrearts.co.uk

Groups, Clubs & Activities

Empower— Empower provides support and development service to adults (16+) who are living with a learning disability or have additional support needs. Email: claire.mcghie@unity-enterprise.com

Sporting Aces—Sport-based community Charity working with adults, young people and children who have a range of physical, learning and communication difficulties. The project is based in Kirkintilloch and surrounding local area. [Home | The Sporting Aces](#)

Email : office.thesportingaces@yahoo.com

Promoting Inclusion Through Sport— We provide a range of **sporting and social activities** for young people and adults with physical, learning and communication difficulties Email: info@promotinginclusion.co.uk

Merkland Social Group – Safe and **Social Club for Young Adults** with ASN who attended Merkland School in Kikintilloch. Hillhead Community Centre.

Thurs Term Time 6.45pm -8.45pm. michelle.furphy@eastdunbarton.gov.uk

Project Ability is a visual art charity the offers creative workshops for people with learning disabilities, people with lived experience of mental ill health and children and young people with disabilities from their accessible art centre in Glasgow and in community settings across west central Scotland [Workshops - Project Ability \(project-ability.co.uk\)](http://project-ability.co.uk)

Email: info@project-ability.co.uk