



wetoo!



AUTUMN AWESOMENESS

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www.wetoo.org.uk

Our Charity Trustees:

Tori Chamberlain
April Schelbert
Sarah Fowler
Adele Reid
John Slater

Credits:

Chief Ninja: Phionna McInnes
phionna@wetoo.org.uk

Operational Ninja: Jill James
jill@wetoo.org.uk

Volunteer Coordinator Ninja: Sofie Munro
sofie@wetoo.org.uk
Fay McLeod
fay@wetoo.org.uk

Tik Tok Ninja: Wilma Deighan
wilma@wetoo.org.uk

Distribution Ninja: Douglas Marnoch

Features Ninja: Linda Jo Archibald

Ninja HQ: Lyn Duncan
Carrie Morrison
Gillian Strachan
Colin Davidson

Team Ninjas: Emma Anderson
Chloe Rhiannon
Lisa Webster
Margaret Hewston

Sessional Ninjas: Claire Benzie
Ben Johnson
Rogan McInnes
Declan McInnes

Design & Layout: DieselGraf

Front Cover: Photo of Everleigh taken by her Mum Sarah MacRory

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Notes from the Chief...

Hello Autumn!

As the leaves turn and the nights draw in, autumn always feels like a season of change and possibility. For the Ninjas it's a time we look forward to — not just for the crisp air and colourful walks, but because undoubtably Halloween is our favourite annual event!

One of those highlights, without a doubt, is **Twilight Night at Codona's**. This event has become a firm favourite of mine, a night filled with laughter, joy, and just the right mix of thrills and comfort. There's something magical about seeing the lights of the fairground against the autumn sky as it starts to get dark and even more magical seeing families able to enjoy it in a relaxed, welcoming way. It's a reminder of how powerful inclusive spaces can be: places

where families can be themselves, and where parents and carers can share in their joy without worry. **Twilight night really does capture the spirit of We Too! — community, accessibility, inclusion and lots of fun (and treats!)**

This edition also carries one of the most important themes we return to again and again: our children growing up and becoming more independent. Autumn is the perfect metaphor for this stage — a season of maturity, of harvest, of stepping forward. The articles in this issue reflect both the pride and the challenges of watching children take those next steps. For many of us, the journey into adulthood brings mixed emotions: excitement at the independence our young people are claiming, but also questions about support, opportunity, and belonging in a world that doesn't always make room for difference. These conversations are vital, and they are at the heart of what We Too! exists to do — to give voice, to share experience, and to celebrate every achievement along the way.

Of course, it wouldn't be autumn without a little Halloween magic — and the Ninjas have thrown themselves into the season with their usual enthusiasm! Halloween isn't just about costumes or sweets (though those are always popular). It's the sensory experience that really makes the season special: the crunch of leaves underfoot, the glow of pumpkins in the dark, the feel of costumes and face paint, the sparkle of lights in the night. The Ninjas remind us that Halloween can be about much more than "spooky fun" — it can be an accessible, inclusive, multi-sensory celebration that delights everyone in their own way.

As always, this edition of We Too! is full of voices, stories, and parent/carers advice that belongs within the community. From family outings to important discussions about independence, from seasonal fun to the everyday realities of life with additional support needs, it's a magazine made for and by families like ours.

Thank you, as ever, for being part of this journey. Together, we're not just celebrating 10 years of this magazine (seriously, how did THAT happen?) — we celebrate amazing parent/carers, the loved ones who inspire us every day, and the relaxed sessions that bring us together. These moments aren't just activities — they're safe, welcoming spaces where families feel included, and where children and young people are valued exactly as they are.

Till Next Time.....

Phionna

Chief Ninja, Parent, Coffee Drinker, Chaos Wrangler, Finder of Mischief

Contact Us:

t: 01224 539393
e: info@wetoo.org.uk
w: www.wetoo.org.uk



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Doug on the Dosh

DOUG ON THE DOSH'S GUIDE TO GETTING DISCOUNTS AT HIGH-STREET SHOPS AND ONLINE!

Stretching your money can feel like challenge - and no one likes to make a saving more than me! I'm Ninja Doug and I have a reputation for sniffing out a bargain! I am also a Dad to two children, one of which has additional support needs. Fortunately, I know plenty of ways to get discounts at high-street shops and online, helping you make the most of your money.

SIGN UP & SAVE

Many retailers offer discounts to customers who sign up for their newsletters or loyalty programmes. These schemes often provide exclusive deals, early access to sales, and personalised discounts.

NINJA TIPS

Subscribe to your favorite retailers' newsletters for discount

Join loyalty schemes like Tesco Clubcard, Asda Rewards, Boots Advantage Card, or Nectar.

Use a separate email address to keep your inbox organised.

Grab those "10% off your first order" sign-up deals.

I ALWAYS SIGN UP, CLAIM THE DISCOUNT, THEN UNSUBSCRIBE TO PREVENT SPAM.

USE DISCOUNT CODES AND VOUCHERS

Discount codes and vouchers can help you save money. Many retailers consistently offer promo codes for seasonal sales, special promotions, or first-time customers.

NINJA TIPS

check out websites like VoucherCodes, Honey, MyVoucherCodes Discounts for Carers (discountsforcarers.com) - free and easy to sign up for

Check out Magazines, newspapers, and Facebook brand pages

Add something to your online basket, leave it, and wait—many shops send a discount code to tempt you back.

TAKE ADVANTAGE OF CASHBACK OFFERS

Cashback sites give you money back for shopping as usual. This is particularly good for larger items.

SHOP LIKE A NINJA



NINJA TIPS

Join Quidco or TopCashback (free).

Click through their links, earn a % of your spend back.

Cash out to your bank, PayPal, or get even more value with gift vouchers.

Check your bank card too—some offer extra cashback perks.

IT'S NOT INSTANT, BUT THOSE PENNIES TURN INTO POUNDS.

DISCOUNTED GIFT CARDS

Discounted gift cards let you buy gift cards for shops (like Asda, Tesco, etc.) for less than their actual value — meaning you save money right away. For example, you might pay £95 for a £100 gift card.

NINJA TIPS

Try Perkjam Carers Cards for instant savings.

Apps like Everup (everup.uk) and JamDoughnut (jamdoughnut.com) often give bigger discounts.

Use cashback from these apps to buy even more gift cards!

WATCH THE T&C'S—SOME APPS NEED £10 CASHBACK BEFORE YOU CAN WITHDRAW TO YOUR BANK AND MAY HAVE FEES.

One advantage is gift cards can be used both on-line and in store, I do my Asda shopping with gift cards, every penny counts! "That might be another supermarkets slogan!" LOL

SHOP DURING SALES AND SEASONAL EVENTS

Plan like a Ninja and purchase around major sales to save money
– **timing is everything!**

NINJA TIPS

January Sales: Great for picking up post-Christmas bargains.

Black Friday & Cyber Monday: Ideal for electronics, clothing, and homeware.

End-of-Season Sales: Stock up on clothing at a reduced price, buy bigger sizes for your kids!

USE PRICE COMPARISON TOOLS LIKE GOOGLE TO CHECK YOU'RE GETTING THE BEST DEAL DURING SALES EVENTS.



USE CARER, STUDENT AND NHS DISCOUNTS CARDS

Many retailers offer discounts for Carers, Students and NHS staff making it easier to save on essential purchases.

NINJA TIPS

Check if the retailer accepts Carers Cards for exclusive discounts.

Always carry proof of eligibility when shopping in-store.

SOME RETAILERS DON'T ADVERTISE CARER DISCOUNTS,
SO IT'S ALWAYS WORTH ASKING AT THE CHECKOUT.

FINAL NINJA TRICK: STACK YOUR SAVINGS

Love a double discount? Why settle for one discount when you can double up?

Discount code + reduced-price gift card

Sale item + loyalty points

THAT'S HOW A TRUE SAVINGS NINJA STRIKES—

SILENT, SWIFT, AND ALWAYS GETTING THE BEST DEAL.

PARENT/CARERS CAN MAKE THE MOST OF THEIR BUDGETS WHILE STILL

ENJOYING QUALITY PRODUCTS AND SERVICES. MAYBE SAVE ENOUGH OVER

TIME FOR A SPECIAL TREAT,

WE ALL DESERVE THAT!

HAVING A HOLIDAY CLEAR-OUT?

Looking to donate? ...

clothes, shoes, accessories,
small electrical items, books,
toys, board games and bric-à-brac

We'd love you to consider donating to the **We Too! Pop-Up Charity Shop**,
happening at the end of November!

Your donations will help us raise funds to support families of children
with additional needs and we're now collecting items!

OUR DONATION DAYS

October 15 - 10am-12pm

October 22 - 10am-12pm

October 31 - 3-5pm

November 6 - 12pm-2pm

November 15 - 2-4pm

come along to We Too! @ Alten, Unit 1, The Altec Centre, Minto Drive, AB12 3LW

PARENT TO PARENT

WHAT WE WISH WE'D KNOWN

At We Too!, we know the most useful advice often comes from people who've lived it. So we asked you parents/carers:

"Looking back, as your loved one grows older, what advice do you wish you'd given your younger self?"

The responses were full of honesty, humour, and helpful advice. A few clear themes stood out — be kind to yourself, trust your instincts, and (yes!) take those holidays while your loved one is young. Here's what other parents had to share — real tips from real experience and reassurance that you're not alone!

I'd tell myself to take a deep breath and not be so hard on myself. I spent a lot of time worrying if I was doing enough, or if I was doing things "right," when really what mattered most was just being there for him. I'd remind myself not to compare our journey with anyone else's and to trust that he would find his own way in his own time. I'd tell myself to celebrate the small wins more, to laugh a little louder, and to let go of the guilt that crept in too often.....

Don't judge yourself or your children on anyone else.

Just let them be them and you do you!

I was always told you let him watch too much TV! I started putting the subtitles on, and before I knew it, he was reading along with his favourite characters. It was like the words just came to life for him! Now, he makes connections between the words he sees and hears, and it's opened up a whole new world of learning. So yeah... TV time isn't always a bad thing — sometimes it's sneaky reading practice in disguise!

Top things that helped

- ④ Don't worry about other people's judgement, it says more about them than you.
- ④ Find your people, the ones who understand the ASN struggles.
- ④ Take a breather when you need one. You can't pour from an empty cup.
- ④ Take pressure off you and your child. If they're having an off morning or overwhelmed, there's worse things than being late.

Remember you are their safe space. The hard bits will get easier.

But they don't stay little forever.

I definitely wouldn't have stressed so much about screen time!

Limiting just made me frazzled, nothing got done, and my little boy was so dysregulated. In the end, sitting down and watching his favourite shows with him became a lovely way to bond and it did wonders for his speech development too!

Go on as many holidays as possible abroad! Once they get big it is so much harder — impossible now for us to go on a plane.

I would tell my younger self. To reach for the stars as you can achieve anything you set your mind to

LETTING GO, HOLDING ON!

By Linda-Jo Archibald

As your loved one gets older, it can be a difficult juggling act — wanting to give them the freedom and independence they deserve, while also feeling the strong instinct to protect and support them. In this article our lovely Features Ninja, Linda Jo, shares her personal experience of walking that fine line — and how a recent surfing lesson offered her an insight into just what her daughter is capable of... even though she may have aged 10 years watching her riding the waves!

LETTING GO, HOLDING ON

Balancing your child's growing independence with your instinct to protect them... There are a couple of definitions in the dictionary for the adjective 'Independent'.

1. *Free from outside control; not subject to another's authority.*
2. *Not depending on another for livelihood or subsistence.*

According to the first, our daughter is now and has been from birth, fiercely independent. However, contrary to the second definition she will always depend on others and require substantial support to live a safe and comfortable life.

I'm not sure if Allissa's desire for independence and autonomy is driven by my encouragement or if I encourage it because it is naturally there and ultimately, I have no choice but to go with it and cling on for dear life.

As an ASN parent I have spent countless hours teaching and encouraging Allissa to do things for herself. From feeding herself to talking, reaching and crawling to completing a puzzle every achievement has been the result of demonstration, enticing, assistance and cheerleading. It is very difficult to watch your child struggle knowing you could help them. Immediate help can hinder them in the long run though, that's what I always try to remind myself when I'm moving things just a little farther away from her to make it more difficult.

As she has grown up and become older the things we are asking her to do are more and more challenging for us as parents. It's always difficult to take the leap of faith and 'let go' of our precious children but when your child is more vulnerable than most ooft it really feels counter intuitive.

I recently watched my daughter, a wheelchair user who cannot walk or swim without assistance, experience surfing, in the actual sea with waves crashing all around her supported mostly by people we didn't know. Behind my beaming smile was fear, real chest crushing fear and an instinct to pull her out and keep her safe.

By swallowing my own fears of *'what if she is scared, what if she doesn't like the salty water in her face what if she panics, what if she falls off, this feels dangerous!'* I allowed her the space to be brave, I saw her conquer her own fear and I heard her repeat the words *'Fraser (the person we did know who was there) keep me safe, Fraser will keep me safe'* She had the best day, truly elated and proud of herself the accomplishment and true joy she experienced was visible to all.

As ASN parents, we are incredible at advocating for our kids. We do not back down from arguments, we persist, we shout we stamp we complain we write letters we hold people accountable, and we fight for what they need. In fact, we become so good at it, you would be forgiven for being so focused on standing up for them that you forget to take a moment to pause to teach them to do it for themselves.

When Allissa was little, I often almost caught myself rolling my eyes at hospital staff who spoke directly to her. I thought she was too young, she didn't understand and that they should just refer to me. Well, as Allissa's speech and communication improved over the years, she has surpassed my expectations repeatedly and shown a huge level of comprehension.

Over recent years I have actively put her in the driving seat. I literally park her wheelchair next to the consultant or whoever we are dealing with. I have sat back and allowed her direct conversation, asking permission to add something I feel necessary and allowing her to speak for herself. She can check herself in for appointments, just like she can order her own food in a restaurant. I'm there to assist if help is required but her growing confidence means I can often just observe and chauffeur.

I've watched proudly as she has made complaints about clinics running late as well as bringing up a health concern completely independently and demanding someone come and look at it, eventually leading to a referral and intervention. Slowly over the years by giving her choices even though I know what she likes and listening to what she wants we have given her some important life skills that she will continue to use and improve upon.

There are somethings our kids simply cannot do and therefore it's so important that we help them to be as independent as they possibly can be in all the ways they can even if it is a little (or even greatly) uncomfortable for us.

I appreciate that capabilities and understanding can vary hugely. My challenge to you though, is to just keep it in mind and next time you and your child attend an appointment give them the seat nearest the desk.

For most of us, ASN parent or otherwise, we strive to protect our children forever and I think that's how it should be. Protection and support can definitely coexist with independence and there is nothing quite like the feeling of watching your child do something you didn't know they ever would.



Growing Up, Not Out of Support

What Changes at 16 for Young Scots with Additional Support Needs

When your child is living with additional support needs, the transition to adulthood can feel like stepping into the unknown, especially when it comes to legal rights and responsibilities. What many parents don't realise, is that in Scotland, your child becomes a legal adult at the age of 16.

That change has big implications. From 16 onwards, you no longer have an automatic right to make decisions on your child's behalf, even if they rely on you every day. As their parents, and next of kin will have a voice, however without proper legal authority, you could face obstacles when dealing with many organisations including, doctors, schools, social work, banks, or benefits agencies.

I aim to explain what legal tools are available to help you continue supporting your child into adulthood, from Power of Attorney and Guardianship, to lesser-known alternatives that may be a better fit for your family.

What Changes at 16?

In Scotland, the law gives young people the right to make decisions about their own lives from age 16.

THAT INCLUDES: Healthcare & medical consent Managing money or opening bank accounts
Signing legal documents or contracts Making decisions about care, housing, and education

For young people with additional needs, these decisions may not be straightforward, especially if they struggle to understand or communicate their preferences. If your child cannot make certain decisions independently, you may need legal authority to allow you to continue providing support and protection.

Power of Attorney - Ideal When Capacity Exists

If your child has the capacity to understand what they're agreeing to, they may be able to grant you Power of Attorney (PoA). This is a legal document allowing a named person, called an "Attorney", to make decisions on their behalf, either right away with some powers, or if they lose capacity in the future.

There are three types...

Welfare PoA covers decisions about healthcare, allows someone to manage money, care placements, social work etc.

Continuing and Financial PoA allows someone to manage money, benefits, bills and all their property and financial affairs. benefits, bills and all their property and financial affairs

Welfare and Continuing & Financial PoA incorporates both of these

Powers of Attorney are flexible, can be tailored to your child's needs, and are often quicker and less expensive than going through the Courts.

Guardianship – For Those Without Capacity

If your child is unable to understand or sign a Power of Attorney, then Guardianship may be required.

Guardianship is a formal legal process, where you apply to the Sheriff Court to be granted the authority to make decisions in your child's best interests.

The type of guardianship orders available are the same as outlined above for PoAs, putting similar powers in place which can be catered to the specific requirements of your child.

Guardianship is not just a formality, it is a Court process so can take a number of months. Reports in a specified form are required from two medical practitioners and a Mental Health Officer. Court proceedings are expensive however legal aid is available for the vast majority of applications.

You may want to start preparing when your child is around 15 so that guardianship is in place by their 16th birthday if needed.

Other Options You Might Not Know About

Guardianship is a powerful legal tool, but it is not always necessary. Scottish law encourages using the least restrictive option available. Some alternatives are:

Access to Funds Scheme

Allows someone to manage another person's money, such as a bank account.

DWP Appointeeship

If your child receives benefits but can't manage them, you can apply to the Department of Work and Pensions to become an Appointee. This lets you handle their benefit payments.

Intervention Orders

For one-off decisions, such as signing a tenancy agreement or selling property, when Guardianship isn't needed for ongoing support.

These options may suit your family better and should be considered prior to seeking guardianship.

Choosing the Right Person for the Role

Whether you're setting up a Power of Attorney or applying for Guardianship, choosing the right person is essential.

LOOK FOR SOMEONE WHO....

Knows your child well and understands their needs

Respects their values, preferences, and routines

Can stay calm under pressure and handle paperwork

Will advocate strongly for your child

Having more than one person appointed is advisable, and different people can fill different roles.

Start Early and Plan with Confidence

The legal system can feel daunting, but it's there to protect your child and to give you the tools to continue supporting them in adulthood. Don't wait until a crisis. Begin exploring your options when your child is around 15, speak with professionals and involve your child in decisions as much as possible.

Ledingham Chalmers has a designated team dealing with guardianships and offering legal aid to minimise the cost to you. My team and I would be delighted to speak with anyone who has questions about any matter raised in this article or just wants a quick no obligation chat, so that we can try to help a little as you navigate this exciting time in your child's lives.

Fiona Thomson

t: 01224 408408

e: Fiona.thomson@ledinghamchalmers.com



The Well-being Team

ledingham|chalmers
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PARENT SUPPORT & TRAINING

www.wetoo.org.uk

We Too! @ Ninja HQ

e: info@wetoo.org.uk t: 01224 539393 website: www.wetoo.org.uk

We Too! Ninja HQ is open every Tuesday - Saturday 10am-2pm. It is a Parent/Carer Information Hub and you can drop in anytime for an informal chat, no appointment necessary. The Ninjas (staff) are themselves parent/carers and can help with signposting, information and inclusive relaxed sessions as well as valuable lived-in experience.

We Too! & You – Join the Ninjas in Laurencekirk and Stonehaven for our peer support group for families with children with additional support needs. They Ninjas can provide advice and information while children enjoy fun and creative sessions. Siblings are also welcome to attend.

We Too! - A Dad's View - Parent Support Group for anyone identifying as a father/male carer. This group is exclusively for men and supported by our Ninja Doug. The group meet at various offsite locations. Dad's have enjoyed bowling, Arcadia and Wreck-it Rooms.

SensationALL

e: info@sensationall.org.uk t: 01224 746699 www.sensationall.org.uk

SensationALL run various support groups at their Westhill and City Centre location. There is a Parent/Carer Support Group, Information Coffee Morning and Tea & Tips Private Consultations.

They also provide inclusive, therapy-based services and social opportunities to ALL ages, ALL conditions and ALL members of the family.

For more information or to join waiting lists visit their website or email.

Aberdeenshire Carers Service VSA

t: 01224 727670 e: carers.shire@vsa.org.uk
www.vsa.org.uk/our-services/aberdeenshire-carers

VSA run a number of parent support services including a Facebook Page, training opportunities and social events for anyone in Aberdeenshire. All info is on their website.

Aberdeen Carers Support Service

t: 01224 914036 e: aberdeencarers@quarriers.org.uk
www.carers.quarriers.org.uk/services/aberdeen-carers-support-service

Aberdeen Carers Support Service run Wee Blether Groups (parent/carers Wee Blether, Young Carers Wee Blether and more) throughout the city aimed at Carers of all ages where you can get a peer support and help tackle isolation. You can also help carers access Quarriers high quality training courses online at www.quarriersacademy.org.uk.

Aberdeen Young Carers Barnardos

t: 01224624090 e: AberdeenYoungCarers@barnardos.org.uk
www.barnardos.org.uk/get-support/services/aberdeen-young-carers

Barnardos offers support to young carers up to the age of 18 who provide unpaid help and supports a relative, friend, or neighbour who due to illness or disability cannot manage to live independently without carer's help.

Family Learning Team

Family Learning Team hold ASN Parent Support Groups and run several training courses throughout Aberdeen City. The QR code links to their Eventbrite page to find out up to date information or to book a space.



Spikin Autism and More

Weekly Peer Support in Aberdeenshire. The group meets in Alford (Wednesdays) and Banchory (Thursdays) alternative weeks from 10am-12noon. Booking Essential find up-to-date information on Facebook - Spikin Autism Inclusive Leisure (SAIL). **Term Time Only**

What's On

Monday 13 October

Relaxed Ice Skating from 12-1pm at Linx Ice Area. Parents and carers skate for free. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, with a baby weigh from 10-11am and an open session from 11am-2pm. It's equipped for children with additional support needs but is inclusive to all. Book via their Facebook page or see the legend for more info.

Fully inclusive athletics with Aberdeen Amateur Athletic Club is at Aberdeen Sports Village from 5:30-6:30pm and 6:30-7:30pm for club members aged 9 and up (with reduced membership fee for disability).

Frame Running from 4:30-5:30pm at Aberdeen Sports Village. It's for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing from 4:30-5:30pm at Aberdeen Sports Village. It's for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Basketball with Grampian Flyers is from 6-7:30pm at GetActive@Sheddocksley for juniors aged 8-15. Sports wheelchairs are provided.

Relaxed Swim Session is at Tullos Pool from 2:15-3:15pm in both the small and main pools. It's a drop-in session, but spaces are restricted.

Relaxed Trampoline at Airhop, Craigshaw Road, from 6-7pm and requires booking in advance.

Tuesday 14 October

Aberdeen Physically Disabled Swimming Club at Aberdeen Sports Village from 7-8pm for gentle, water-based exercise. Hoist & disabled facilities are available. All ages welcome, but contact before.

ASN soft play session is at MACBI Community Hub from 5-7pm for £4 per child. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, 6-8pm open to all ages. Book via their Facebook page.

ASN Tubing session is at Huntly Nordic and Outdoor Centre from 11am-12pm. Booking is essential to confirm the session is running. No drop-ins.

Wednesday 15 October

Sensory Soft Play at Calm Cove, Fraserburgh, with a Baby/Toddler session 10am-12pm and open session for all ages 12-2pm. Bookings via their Facebook page.

EXTRA HOLIDAY ASN Ski Session at Huntly Nordic and Outdoor Centre from 10-11am. Booking is essential to confirm the session is running. No drop-ins.

EXTRA HOLIDAY ASN Tubing session at Huntly Nordic and Outdoor Centre from 11am-12pm. Booking essential to confirm the session is running. No drop-ins.

ASN Lego & Construction Club at Calm Cove, Fraserburgh, from 6-7pm based within the Sensory Soft Play area. Book via their Facebook page.

ASN Ski Lessons at Aberdeen Snowsports Centre from 4:15-8:45pm for all levels, from pre-school to junior advanced. Pre-booking is essential.

Frame Running is at Aberdeen Sports Village from 6:30-7:30pm. It's for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing is at Aberdeen Sports Village from 6:30-7:30pm. It's for club members aged 9 and up (with a reduced membership fee for disability).

Relaxed Tubing is at Aberdeen Snowsports Centre from 5:30-6:30pm. Pre-booking is essential.

Geek Retreat relaxed session in the morning for £5 per person, includes free refills. Drop-ins welcome, or pre-book by messaging their Facebook page.

Thursday 16 October

Relaxed Swim Session at Northfield Swimming Pool from 10:30am-12pm. It's a drop-in session, but spaces are restricted. You should confirm sessions are available on the live timetable as changes may occur.

Friday 17 October

ASN soft play session is at MACBI Community Hub from 5-7pm for £4 per child. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, 12-3pm open to all. Bookings are via their Facebook page.

ASN Pre-teen/Teen Sessions at Calm Cove, Fraserburgh, with pre-teen sessions from 6-7pm and teen sessions from 7-8pm, featuring dartboards, a pool table, and games. Book via their Facebook page.

Quiet Climbing Session at RGU Sport from 5-7pm. Booking is made in blocks and is essential in advance.

ASN Tubing Session at Huntly Nordic and Outdoor Centre from 2-3pm. Booking is essential to confirm the session is running. No drop-ins.

Saturday 18 October

Lego Club 'Play for a Pound'. Join the Ninjas at We Tool HQ in Trinity Centre. You can book in advance.

Relaxed Anime Art Academy for ages 12 and up at We Tool Ninja HQ 12:30-1:30pm. Booking essential.

Sensory Soft Play is at Calm Cove, Fraserburgh, with a Baby/Toddler session from 10am-12pm and an open session for all ages from 12-4pm. Bookings are via their Facebook page.

Disability & ASN Football with Hermes Bridge of Don YFC indoors at Aberdeen Sports Village, sessions for ages 6-12 from 9:15-10am and SI-Adult from 10-11am. Booking is essential as holiday times may vary.

Inclusive Football for All at Hill of Banchory School 2-3pm for all ages. New starters should call Hugh in advance as the school holiday timetable may vary.

Relaxed Swim Session at Northfield Swimming Pool 5:15-6:15pm. A drop-in session with restricted spaces.

Relaxed Swim Session at Tullos Pool from 5-6pm in the small pool only. No booking is required, but spaces are restricted.

Sunday 19 October

ASN Stay and Play session at Kincorth Community Hub from 12-2pm, featuring a bouncy castle, soft play, music, and messy play. Suitable for children from pre-school to P7 - £3 per child (£1 each additional child from same family). Cash only & no booking necessary.

Athletics for ALL - mixed athletics including frame running, at Aberdeen Sports Village 11:15am-12pm to suit all abilities. New starters should contact Hugh in advance as the school holiday timetable may vary.

Monday 20 October

Relaxed Ice Skating from 12-1pm at Linx Ice Area. Parents and carers skate for free. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, with a baby weigh from 10-11am and open session 11am-2pm. Equipped for children with additional support needs but inclusive to all. Book via their Facebook page.

Athletics - Monday to Friday Fully inclusive athletics with Aberdeen Amateur Athletic Club at Aberdeen Sports Village from 5:30-6:30pm and 6:30-7:30pm for club members aged 9+ (with a reduced membership fee for disability).

Frame Running - Aberdeen Amateur Athletic Club from 4:30-5:30pm at Aberdeen Sports Village. For club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Racing - Aberdeen Amateur Athletic Club from 4:30-5:30pm at Aberdeen Sports Village. It's for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Basketball with Grampian Flyers from 6-7:30pm at GetActive@Sheddocksley for juniors aged 8-15. Sports wheelchairs are provided.

Relaxed Swim Session at Tullos Pool from 2:15-3:15pm in both the small and main pools. It's a drop-in session, but spaces are restricted.

Relaxed Trampoline at Airhop, Craigshaw Road, from 6-7pm and requires booking in advance.

Tuesday 21 October

Aberdeen Physically Disabled Swimming Club at Aberdeen Sports Village from 7-8pm for gentle, water-based exercise. Hoist & disabled facilities available. All ages welcome, but prior contact is required.

ASN Soft Play Session at MACBI Community Hub from 5-7pm for £4 per child. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, 6-8pm - open to all ages. Book via their Facebook page.

ASN Tubing session at Huntly Nordic and Outdoor Centre 11am-12pm. Booking is essential to confirm the session is running. No drop-ins.

Wednesday 22 October

Sensory Soft Play at Calm Cove, Fraserburgh, with a Baby/Toddler session 10am-12pm and open session for all ages 12-2pm. Bookings via their Facebook page.

EXTRA HOLIDAY ASN Ski Session at Huntly Nordic and Outdoor Centre from 10-11am. Booking is essential to confirm the session is running. No drop-ins.

EXTRA HOLIDAY ASN Tubing session at Huntly Nordic and Outdoor Centre from 11am-12pm. Booking essential to confirm the session is running. No drop-ins.

ASN Lego & Construction Club at Calm Cove, Fraserburgh, from 6-7pm and is based within the Sensory Soft Play area. Book via their Facebook page.

ASN Ski Lessons at Aberdeen Snowsports Centre from 4:15-8:45pm for all levels, from pre-school to junior advanced. Pre-booking is essential.

Frame Running at Aberdeen Sports Village from 6:30-7:30pm. It's for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing at Aberdeen Sports Village from 6:30-7:30pm. It's for club members aged 9 and up (with a reduced membership fee for disability).

Relaxed Tubing at Aberdeen Snowsports Centre from 5:30-6:30pm. Pre-booking is essential.

Geek Retreat Relaxed Session in the morning for £5 per person, includes free refills. Drop-ins welcome, or you can book by messaging their Facebook page.

Thursday 23 October

Relaxed Swim Session at Northfield Swimming Pool from 10:30am-12pm. It's a drop-in session, but spaces are restricted. You should confirm sessions are available on the live timetable as changes may occur.

Friday 24 October

ASN Soft Play session at MACBI Community Hub from 5-7pm for £4 per child. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, from 12-3pm open to all. Bookings via their Facebook page.

ASN Pre-teen/Teen Sessions at Calm Cove, Fraserburgh, with pre-teen sessions from 6-7pm and teen sessions from 7-8pm, featuring dartboards, a pool table, and games. Book via their Facebook page.

Quiet Climbing Session at RGU Sport from 5-7pm. Booking is made in blocks and is essential in advance.

ASN Tubing session at Huntly Nordic and Outdoor Centre from 2-3pm. Booking essential to confirm the session is running. No drop-ins.

Saturday 25 October

Join the Ninjas at We Tool HQ in Trinity Centre for their Lego Club, 'Play for a Pound'. You can book in advance.

Sensory Soft Play is at Calm Cove, Fraserburgh, with a Baby/Toddler session from 10am-12pm and an open session for all ages from 12-4pm. Bookings are via their Facebook page.

Disability & ASN Football with Hermes Bridge of Don YFC indoors at Aberdeen Sports Village, with sessions for ages 6-12 from 9:15-10am and SI-Adult from 10-11am. Booking is essential as holiday times may vary.

Inclusive Football for All at the Hill of Banchory School 2-3pm for all ages. New start should call Hugh in advance as the school holiday timetable may vary.

Relaxed Swim Session at Northfield Swimming Pool 5:15-6:15pm. Drop-in session with restricted spaces.

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Relaxed Swim Session at Tullos Pool from 5–6pm in the small pool only. No booking required, but spaces are restricted.

Sunday 26 October

Relaxed Arcadia at Arcadia, 120 Union Street, from 12:30–1:30pm for a relaxed retro gaming session with We Too!. Booking is essential.

Autism-Friendly Screening at Vue Cinema on last Sunday of every month. Check website for details.

Athletics for ALL – Mixed athletics, including frame running, at Aberdeen Sports Village from 11:15am–12pm to suit all abilities. New starters should contact Hugh in advance as the school holiday timetable may vary.

Monday 27 October

Sensory Soft Play at Calm Cove, Fraserburgh, with a baby weigh from 10–11am and an open session from 11am–2pm. It's equipped for children with additional support needs but is inclusive to all. Book via their Facebook page.

Athletics – Monday – Friday Fully inclusive athletics with Aberdeen Amateur Athletic Club is at Aberdeen Sports Village from 5:30–6:30pm and 6:30–7:30pm for club members aged 9 and up (with a reduced membership fee for disability).

Frame Running with Aberdeen Amateur Athletic Club from 4:30–5:30pm at Aberdeen Sports Village. It's for club members aged 9 + (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club from 4:30–5:30pm at Aberdeen Sports Village. It's for club members aged 9 + (with a reduced membership fee for disability).

Wheelchair Basketball with Grampian Flyers from 6–7:30pm at GetActive@Sheddocksley for juniors aged 8–15. Sports wheelchairs are provided.

Aye Aye Club – ASN social club for ages 15–25 at Bridge of Don Community Centre from 7–9pm during term time only. There is a waiting list.

Relaxed Swim Session at Tullos Pool from 2:15–3:15pm in both the small and main pools. It's a drop-in session, but spaces are restricted.

Relaxed Trampolining at Skyline Trampoline Park, Inverurie, from 5–6pm. See the legend to book or call.

Relaxed Trampolining at Airhop, Craigshaw Road, from 6–7pm and requires booking in advance.

Tuesday 28 October

Waulkmill Menagerie – quiet OAP & ASN morning 10am–12pm for £3 per person. Enjoy a quiet wander around the farm, cuppa and browse their charity shop

Aberdeen Physically Disabled Swimming Club meets at Aberdeen Sports Village from 7–8pm for gentle, water-based exercise. Prior contact is required.

ASN soft play session is at MACBI Community Hub from 5–7pm for £4 per child. No booking is required.

HANDSS – ASN social group for ages 5–15 from 6:15–7:30pm during term time only. It costs £2 per child and includes a snack, but you must be registered to attend, and a waiting list may apply.

Sensory Soft Play at Calm Cove, Fraserburgh, 6–8pm and is open to all ages. Book via their Facebook page.

ASN Tubing session is at Huntly Nordic and Outdoor Centre from 11am–12pm. Booking is essential to confirm the session is running. No drop-ins.

Wednesday 29 October

ASN Soft Play at Boomerang Play, Fraserburgh, with ASN Nights from 4–6pm. Booking is recommended.

Sensory Soft Play at Calm Cove, Fraserburgh, with Baby/Toddler session 10am–12pm and open session for all ages 12–2pm. Booking via their Facebook page.

ASN Lego & Construction Club at Calm Cove, Fraserburgh, from 6–7pm and is based within the Sensory Soft Play area. Book via their Facebook page

ASN Ski Lessons at Aberdeen Snowsports Centre from 4:15–8:45pm for all levels, from pre-school to junior advanced. Pre-booking is essential.

Frame Running–Aberdeen Amateur Athletic Club, Aberdeen Sports Village. from 6:30–7:30pm. It's for club members aged 9 + (with a reduced membership fee for disability).

Wheelchair Racing–Aberdeen Amateur Athletic Club, Aberdeen Sports Village. from 6:30–7:30pm. It's for club members aged 9+(with a reduced membership fee for disability).

Relaxed Tubing at Aberdeen Snowsports Centre from 5:30–6:30pm. Pre-booking is essential.

Geek Retreat–relaxed session in the morning for £5 per person, which includes free refills. Drop-ins are welcome, or book by messaging their Facebook page.

Thursday 30 October

Relaxed Swim Session at Northfield Swimming Pool from 10:30am–12pm. It's a drop-in session, but spaces are restricted. You should confirm sessions are available on the live timetable as changes may occur.

Friday 31 October

ASN soft play session at MACBI Community Hub from 5–7pm for £4 per child. No booking is required.

Sensory Soft Play at Calm Cove, Fraserburgh, from 12–3pm, open to all. Booking via their Facebook page.

ASN Pre-teen/Teen Sessions at Calm Cove, Fraserburgh, with pre-teen sessions from 6–7pm and teen sessions from 7–8pm, featuring dartboards, a pool table, and games. Book via their Facebook page.

Quiet Climbing Session at RGU Sport from 5–7pm. Booking is made in blocks and is essential in advance.

ASN Tubing session at Huntly Nordic and Outdoor Centre from 2–3pm. Booking is essential to confirm the session is running. No drop-ins.

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Saturday 1 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre – 'Play for a Pound'. Book in advance.

Relaxed Anime Art Academy – (Ages 12+) Come join the Ninjas at We Too! Ninja HQ, Trinity Centre, from 12:30–1:30pm for a regular relaxed drawing class to help you learn how to draw your favorite Pokémon or Anime characters. Booking is essential.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, is ideally equipped for children with additional support needs but is inclusive to all. Baby/Toddler session from 10am–12pm and open session for all ages 12–4pm. Book via their Facebook page.

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Sessions ages 6–12 are 9:15–10am & S1–Adult 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at Hill of Banchory School, AB31 5HT. All ages are welcome from 2–3pm. All new starters should call Hugh as the school holiday timetable may vary.

Relaxed Lego – Portlethen Library, Bruntland Road, from 11am–12pm. This session is held in a quiet area of the library with both Lego and Duplo. Sensory toys and ear defenders are available. Booking is required.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, from 5:15–6:15pm. This is a drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Relaxed Swim Session – Tullos Pool, Girdleness Rd, every Saturday 5–6pm in the small pool only. No booking required, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Sunday 2 November

Relaxed Gymnastics – Join We Too! at ETKO Sports Academy, Oldmeldrum, for an EXCLUSIVE unstructured gymnastics session from 1–2pm. It's £15 per child, and booking is essential.

Cineworld – An Autism Friendly Screening is held on the first Sunday of every month. For more details on what will be showing, check their website.

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities, at Aberdeen Sports Village, Linksfield Road, from 11:15am–12pm. New starts contact Hugh as school holiday timetable may vary.

Monday 3 November

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents and carers skate for free. No booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, is ideally equipped for children with additional support needs but is inclusive to all. There's a baby weigh from 10–11am, then an open session from 11am–2pm. Book via their Facebook page.

Athletics – Monday – Friday –Fully Inclusive Athletics with Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, 5:30–6:30pm and 6:30–7:30pm. This is for club members aged + (with a reduced membership fee for disability).

Frame Running – Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, from 4:30–5:30pm. This is for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, 4:30–5:30pm. This is for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Basketball – Grampian Flyers is at GetActive@Sheddocksley, Springhill Rd, Mastrick, 6–7:30pm for juniors 8–15. Sports wheelchairs provided.

Aye Aye Club – an ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre, from 7–9pm during term time only. There is a waiting list.

Innoflate – Relaxed sessions are at Innoflate, Beach Esplanade, in partnership with We Too!, from 6–7pm. To book, visit their website.

Relaxed Swim Session – Tullos Pool, Girdleness Rd. Both the small and main pools are available 2:15–3:15pm. This is a drop-in session, but spaces are restricted.

Relaxed Trampolining – relaxed session at Airhop, Craigshaw Road, 6–7pm. Book online or by phone.

Tuesday 4 November

Relaxed Codonas – Join the We Too! Ninjas at Codonas from 4:15pm for our #TakeoverTuesday, offering relaxed bowling and laser tag. Various sessions are available and must be booked in advance. Relaxed Smugglers Cove from 4:15–6pm; just turn up and play.

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village from 7–8pm, for gentle, water-based exercise. Hoist and disabled facilities at the venue. All ages welcome, but prior contact is required.

Soft Play – ASN soft play session at MACBI Community Hub, Newlands Road, Mintlaw, from 5–7pm. It's £4 per child, and no booking is required.

HANDSS – ASN Social group for ages 5–15, running every Wednesday during term time only 6:15–7:30pm. It costs £2 per child, which includes a snack. You must be registered to attend, and a waiting list may apply.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, is ideally equipped for children with additional support needs but is inclusive to all. It's open to all ages from 6–8pm. Book via their Facebook page.

ASN Tubing –ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, from 11am–12pm. Booking is essential to confirm the session is running. No drop-ins.

Wednesday 5 November

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, is ideally equipped for children with additional support needs but is inclusive. Baby/toddler session from 10am–12pm and an open session for all ages from 12–2pm. Book via their Facebook page.

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ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session runs 6-7pm and is based within the Sensory Soft Play area. Book via their Facebook page.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes from 4:15pm – 8:45pm for all levels from pre-school to junior advanced. Booking essential.

Frame Running – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Road, from 6:30-7:30pm. This is for club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Road, from 6:30-7:30pm. For club members aged 9 and up (with a reduced membership fee for disability).

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee, from 5:30-6:30pm. Booking essential.

Geek Retreat – relaxed session in the morning for £5 per person, including free refills. Drop-ins are welcome, or book by messaging their Facebook page.

Thursday 6 November

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, 10:30am-12pm. This is a drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Friday 7 November

Soft Play – ASN soft play session at MACBI Community Hub, Newlands Road, Mintlaw, from 5-7pm. It's £4 per child, and no booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Rd, Fraserburgh, is ideally equipped for children with additional support needs but is inclusive to all. It's open to all from 12-3pm. Book via their Facebook page.

ASN Pre-teen/Teen Sessions – Calm Cove, 24 Robertson Road, Fraserburgh. These sessions feature dart boards, a pool table, games, and more. Pre-teen sessions are from 6-7pm, and Teen sessions are from 7-8pm. Book via their Facebook page.

Wall Climbing – Quiet Climbing Session at RGU Sport, Garthdee Road, from 5-7pm. Bookings are made in blocks, and advance booking is essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, 2-3pm. Booking essential to confirm the session is running. No drop-ins.

Saturday 8 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance.

Pokemon Academy – Join Ninja Rogan at Ninja HQ from 12:30-1:30pm for our Pokemon Academy, open to beginners or those looking to learn more about the game. Book your spaces online.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. There's a Baby/Toddler session 10am-12pm and an open session for all ages 12-4pm. Book via their Facebook page.

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Sessions for ages 6-12 are 9:15-10am and for S1-Adult from 10-11am. Booking essential, and holiday times may vary.

Inclusive Football – Football for All at Hill of Banchory School, AB31 5HT. All ages welcome from 2-3pm. New starts call Hugh as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, from 5:15-6:15pm. This is a drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Relaxed Swim Session – Tullos Pool, Girdleness Rd, every Saturday from 5-6pm in the small pool only. No booking required, but spaces are restricted. Confirm sessions on live timetable as changes may occur.

Sunday 9 November

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities, is at Aberdeen Sports Village, Linksfield Road, 11:15am-12pm. New starters contact Hugh as the school holiday timetable may vary.

Monday 10 November

Relaxed Ice Skating – Linx Ice Area from 12-1pm. Parents and carers skate for free. No booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but is inclusive to all. Baby/Toddler session 10am-12pm, then an open session from 11am-2pm. Book via their Facebook page.

Athletics – Monday – Friday – Fully Inclusive Athletics with Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Rd, 5:30-6:30pm and 6:30-7:30pm. This is for club members aged 9 and up (with a reduced membership fee for disability).

Frame Running – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Road, from 4:30-5:30pm. For club members aged 9 and up (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, from 4:30-5:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Basketball – Grampian Flyers is at GetActive@Sheddocksley, Springhill Rd, Mastrick, 6-7:30pm for juniors aged 8-15. Sports wheelchairs provided.

Aye Aye Club – ASN Social Club for young people aged 15-25 at Bridge of Don Community Centre. It runs from 7-9pm during term time only. There is a waiting list.

Relaxed Swim Session – Tullos Pool, Girdleness Rd. Both the small & main pools are available 2:15-3:15pm. It's a drop-in session, but spaces are restricted.

Relaxed Trampolining – relaxed session at Airhop, Craigshaw Rd, from 6-7pm. Book online or by phone.

Tuesday 11 November

Soft Play – ASN soft play session at MACBI Community Hub, Newlands Road, Mintlaw, from 5-7pm. It's £4 per child, and no booking is required.

HANDSS – ASN Social group for ages 5-15, running every Wednesday during term time only from 6:15-7:30pm. It costs £2 per child, including a snack. You must register to attend, and a waiting list may apply.

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7-8pm, for gentle, water-based exercise. Hoist and disabled facilities are at the venue. All ages are welcome, but prior contact is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but is inclusive to all. It's open to all ages from 6-8pm. Book via their Facebook page.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, 11am-12pm. Booking essential to ensure session is running. No drop-ins.

Wednesday 12 November

Relaxed Soft Play – Loopty Lou's, Station Avenue, Boddam, 4:30-5:30pm. Book spaces online or call.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Baby/toddler session 10am-12pm and an open session for all ages from 12-2pm. Book via their Facebook page.

ASN Lego & Construction Club – Calm Cove, 24 Robertson Road, Fraserburgh. ASN Lego session runs from 6-7pm and is based within the Sensory Soft Play area. Book via their Facebook page.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes from 4:15pm to 8:45pm for all levels from pre-school to junior advanced. Booking essential.

Frame Running – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Rd, 6:30-7:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Rd, 6:30-7:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee, 5:30-6:30pm. Pre-booking is essential.

Geek Retreat – relaxed session in the morning for £5 per person, including free refills. Drop-ins welcome, or book by messaging their Facebook page.

Thursday 13 November

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, 10:30am-12pm. A drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Friday 14 November

Soft Play – ASN soft play session at MACBI Community Hub, Newlands Road, Mintlaw, from 5-7pm. It's £4 per child, and no booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. It's open to all from 12-3pm. Book via their Facebook page.

ASN Pre-teen/Teen Sessions – Calm Cove, 24 Robertson Road, Fraserburgh. These sessions feature dart boards, a pool table, games, and more. Pre-teen sessions from 6-7pm, and Teen sessions from 7-8pm. Book via their Facebook page.

Wall Climbing – Quiet Climbing Session at RGU Sport, Garthdee Road, from 5-7pm. Bookings are made in blocks, and advance booking is essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, 2-3pm. Booking essential to confirm session is running. No drop-ins.

Saturday 15 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance.

Relaxed Anime Art Academy – (Ages 12+) Come join the Ninjas at We Too! Ninja HQ, Trinity Centre, from 12:30-1:30pm for a regular relaxed drawing class to help you learn how to draw your favorite Pokémon or Anime characters. Booking is essential.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Baby/Toddler session 10am-12pm and an open session for all ages from 12-4pm. Book via their Facebook page.

Disability & ASN Football – Hermes Bridge of Don YFC sessions indoors at Aberdeen Sports Village. Sessions for ages 6-12 are 9:15-10am and S1-Adult from 10-11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at Hill of Banchory School, AB31 5HT. All ages welcome from 2-3pm. New starts call Hugh as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, from 5:15-6:15pm. This is a drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Relaxed Swim Session – Tullos Pool, Girdleness Rd, every Saturday 5-6pm in the small pool only. No booking required, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Sunday 16 November

Relaxed Gymnastics – Join We Too! at ETKO Sports Academy, Oldmeldrum, for an EXCLUSIVE unstructured gymnastics session 1-2pm. £15 per child, and booking is essential.

ASN Stay and Play – A fun session at Kincorth Community Hub, Provost Watt Drive, 12-2pm, featuring a bouncy castle, soft play, music station, and messy play. Suitable for children pre-school to P7 and is £3 per child. No booking necessary, cash only.

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Athletics for ALL – Mixed athletics, including frame running, to suit all abilities, is at Aberdeen Sports Village, Linksfield Road, 11:15am–12pm. New starts should contact Hugh as school holiday timetable may vary.

Monday 17 November

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents and carers skate for free. No booking required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but is inclusive to all. Baby weigh from 10–11am, then an open session from 11am–2pm. Book via their Facebook page.

Athletics – Fully Inclusive Athletics with Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Rd, 5:30–6:30pm & 6:30–7:30pm. For club members aged 4+ (with reduced m'ship fee for disability).

Frame Running – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Rd, 4:30–5:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, 4:30–5:30pm. This is for club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Basketball – Grampian Flyers at GetActive@Sheddocksley, Springhill Rd, Mastrick, 6–7:30pm for juniors aged 8–15. Sports wheelchairs provided.

Aye Aye Club – ASN Social Club for young people age 15–25 at Bridge of Don Community Centre. It runs 7–9pm during term time only. There is a waiting list.

Relaxed Swim Session – Tullos Pool, Girdleness Rd. Both the small & main pools are available 2:15–3:15pm. This is a drop-in session, but spaces are restricted.

Relaxed Trampoline – relaxed session at Airhop, Craigshaw Road, f6–7pm. Book online or by phone.

Tuesday 18 November

Soft Play – An **ASN soft play session** is at MACBI Community Hub, Newlands Road, Mintlaw, from 5–7pm. It's £4 per child, and no booking is required.

HANDSS – ASN Social group for ages 5–15, every Wednesday during term time only, from 6:15–7:30pm. It costs £2 per child, which includes a snack. You must be registered to attend, and a waiting list may apply.

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle, water-based exercise. Hoist and disabled facilities at the venue. All ages are welcome, but prior contact is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but is inclusive. It's open to all ages from 6–8pm. Book via their Facebook page.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, 11am–12pm. Booking essential to confirm session is running. No drop-ins.

Wednesday 19 November

Sensory Soft Play – Calm Cove, 24 Robertson Rd, Fraserburgh, ideally equipped for children with additional support needs but is inclusive. Baby/toddler session 10am–12pm and an open session for all ages from 12–2pm. Book via their Facebook page.

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session from 6–7pm and based within the Sensory Soft Play area. Book via their Facebook page.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes 4:15pm to 8:45pm for all levels pre-school to junior advanced. Pre-booking essential.

Frame Running – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Rd, 6:30–7:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club at Aberdeen Sports Village, Linksfield Rd, from 6:30–7:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee, 5:30–6:30pm. Pre-booking is essential.

Geek Retreat – relaxed session is held in the morning £5 per person, inc free refills. Drop-ins welcome, or pre-book by messaging their Facebook page.

Thursday 20 November

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, 10:30am–12pm. Drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Friday 21 November

Soft Play – ASN soft play session at MACBI Community Hub, Newlands Road, Mintlaw, from 5–7pm. It's £4 per child, and no booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Rd, Fraserburgh. ideally equipped for children with additional support needs but inclusive to all. Open to all from 12–3pm. Book via their Facebook page.

ASN Pre-teen/Teen Sessions – Calm Cove, 24 Robertson Rd, Fraserburgh. These sessions feature dart boards, pool table, games, and more. Pre-teen sessions 6–7pm, Teen sessions 7–8pm. Book via Facebook page.

Wall Climbing – Quiet Climbing Session at RGU Sport, Garthdee Rd, from 5–7pm. Bookings are made in blocks, and advance booking is essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh, 2–3pm. Booking essential to confirm the session is running. No drop-ins.

Saturday 22 November

Lego Club 'Play for a Pound' – Join the Ninjas at We Tool HQ in Trinity Centre. Book in advance.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Baby/Toddler session 10am–12pm and open session for all ages from 12–4pm. Book via their Facebook page.

Disability & ASN Football – Hermes Bridge of Don YFC sessions indoors at Aberdeen Sports Village. Sessions for ages 6–12 are 9:15–10am and for 11–Adult 10–11am. Booking essential, and holiday times may vary.

Inclusive Football – Football for All at Hill of Banchory School, AB31 5HT. All ages welcome from 2–3pm. New starts call Hugh as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent, 5:15–6:15pm. This is a drop-in session, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Relaxed Swim Session – Tullos Pool, Girdleness Rd, every Saturday from 5–6pm in the small pool only. No booking required, but spaces are restricted. Confirm sessions on the live timetable as changes may occur.

Sunday 23 November

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities, at Aberdeen Sports Village, Linksfield Road, from 11:15am–12pm. New starts contact Hugh as school holiday timetable may vary.

Monday 24 November

Relaxed Ice Skating – Linx Ice Area 12–1pm. Parents and carers skate for free. No booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Baby weigh from 10–11am, then an open session from 11am–2pm. Book via their Facebook page.

Athletics – Monday to Friday – Fully Inclusive Athletics with Aberdeen Amateur Athletic Club is at Aberdeen Sports Village, Linksfield Road, 5:30–6:30pm and 6:30–7:30pm. For club members aged 9+ (with a reduced membership fee for disability).

Monday, November 24

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4:30–5:30pm. For club members aged 9+ (with a reduced membership fee for those with a disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4:30–5:30pm. For club members aged 9+ (with a reduced membership fee for those with a disability).

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Rd, Mastrick 6:00–7:30pm. For juniors aged 8–15. Sports wheelchairs are provided.

Aye Aye Club – ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre 7:00–9:00pm during term time only. There is a waiting list.

Relaxed Swim Session – Tullos Pool, Girdleness Rd. Both the small and main pools are available from 2:15–3:15pm. Drop-ins allowed, but spaces are restricted.

Relaxed Trampoline – Relaxed session at Skyline Trampoline Park, Inverurie from 5–6pm.

Relaxed Trampoline – Relaxed session at Airhop, Craigshaw Road from 6:00–7:00pm.

Tuesday, November 25

Waulkmill Menagerie – quiet OAP & ASN morning from 10am–12pm for £3 per person. Enjoy a quiet wander around the farm, a cup of tea, and a browse through their charity shop.

Soft Play – ASN soft play session from 5–7pm, £4 per child. At MACBI Community Hub, Newlands Road, Mintlaw, AB42 5GP. No booking is required.

HANDSS – ASN social group for ages 5–15. Every Wednesday during term time only 6:15–7:30pm. £2 per child, including a snack. You must be registered to attend, and a waiting list may apply.

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village from 7–8pm. Offers gentle water-based exercise and improvement advice/instruction. Hoist and disabled facilities are available. All ages are welcome.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory soft play ideally equipped for children with additional support needs but is inclusive to all. Open to all ages from 6–8pm.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Booking essential to confirm the session is running; no drop-ins.

Wednesday, November 26

ASN Soft Play – Boomerang Play, 94 Commerce Street, Fraserburgh. ASN Nights from 4–6pm. Booking is recommended.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Baby/toddler session runs 10–11pm, and open-to-all session runs from 12–2pm.

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session from 6–7pm based within the Sensory Soft Play area. Ideally equipped for children with additional support needs.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes 4:15–8:45pm for all levels, from pre-school to junior advanced. Pre-booking essential.

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 6:30–7:30pm. For club members aged 9+ (with a reduced membership fee for those with a disability).

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd 6:30–7:30pm. For club members aged 9+ (with a reduced membership fee for those with a disability).

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 5:30–6:30pm. Pre-booking essential.

Geek Retreat – Relaxed session in the morning for £5 per person, including free refills. Drop-ins welcome, or you pre-book by messaging their Facebook page. Payment is taken on arrival.

Thursday, November 27

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10:30am–12pm. Drop-ins are allowed, but spaces are restricted.

Friday, November 28

Soft Play – ASN soft play session from 5–7pm, £4 per child. At MACBI Community Hub, Newlands Road, Mintlaw, AB42 5GP. No booking is required.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh, ideally equipped for children with additional support needs but inclusive to all. Open 12–3pm.

ASN Pre-teen/Teen Sessions – Calm Cove, 24 Robertson Rd, Fraserburgh. Features dartboards, pool table, games, and more. The Pre-teen session runs from 6–7pm, and Teen session from 7–8pm.

Wall Climbing – A Quiet Climbing Session from 5–7pm at RGU Sport, Garthdee Road. Bookings are made in blocks, and advance booking is essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Booking essential to confirm session is running; no drop-ins.

Saturday, November 29

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for their 'Play for a Pound'. Book in advance.

Relaxed Anime Art Academy – (Ages 12+) Join the Ninjas at We Too! Ninja HQ, Trinity Centre for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. The session runs from 12:30–1:30pm. Booking is essential.

Sensory Soft Play – Calm Cove, 24 Robertson Rd, Fraserburgh, ideally equipped for children with additional support needs but is inclusive. A baby/toddler session 10am–12pm, and open-to-all session 12–4pm.

Disability & ASN Football – Hermes Bridge of Don YFC sessions indoors at Aberdeen Sports Village. Ages 6–12 from 9:15–10am and S1–Adult from 10–11am. Booking is essential, and holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchory School, AB31 5HT. All ages are welcome from 2–3pm. All new starters should call to confirm the school holiday timetable.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent 5:15–6:15pm. Drop-ins allowed, but spaces are restricted. Confirm sessions are available on the live timetable as changes may occur.

Relaxed Swim Session – Tullis Pool, Girdleness Rd. The small pool is available every Saturday 5–6pm. No booking required. Drop-ins allowed, but spaces are restricted. Confirm sessions are available on the live timetable as changes may occur.

Sunday, November 30

Relaxed Gymnastics – Join We Too! at ETKO Sports Academy, Oldmeldrum for exclusive unstructured gymnastics session 1–2pm, £15 per child. Booking essential.

Relaxed Arcadia – Join the Ninjas for a relaxed retro gaming session with We Too! at Arcadia, 120 Union Street from 12:30–1:30pm. Booking is essential.

ASN Stay and Play – A fun session at Kincorth Community Hub, Provost Watt Drive from 12–2pm. Features a bouncy castle, soft play, a music station, and messy play. Suitable for children from pre-school to P7. £3 per child (£1 for each additional child from the same family). No booking is necessary; cash only.

Vue Cinema – An Autism-Friendly Screening on the last Sunday of every month. For more details on what will be showing, visit their website.

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road from 11:15am–12pm. New starts should call to confirm the school holiday timetable may vary.

Aberdeen Amateur Athletic Club

w: aberdeenAAC.co.uk e: Pathways@AberdeenAAC.co.uk

Aberdeen Physically Disabled Swimming Club

t: 07967 676 865 e: pauldumont@sky.com

Airhop

w: airhop.co.uk/adventure-trampoline-park-aberdeen

Aye Aye Club

e: ayeaye.club.fitlike@gmail.com

Boomerang Play

t: 01346 511234

Calm Cove

e: yvonne@calmcovefraserburgh.co.uk

Cineworld

w: cineworld.co.uk

Codonas

e: info@wetoo.org.uk / events@wetoo.org.uk

Flyers Basketball

w: flyersbasketball.co.uk

Geek Retreat

e: silvercitycomics@gmail.com

HANDSS

e: handssgroup@gmail.com

Hermes Bridge of Don YFC

Tom t: 07922480651

Football for All / Athletics for All

Hugh t: 0777 582 6756 e: president.bsac@gmail.com

Huntly Nordic and Outdoor Centre (Live Life Aberdeenshire)

w: livelifeaberdeenshire.org.uk t: 01466 794428

Innoflate

w: innoflate.co.uk

Kincorth Community Hub

e: info@kcch.co.uk

Provost Watt Drive, AB12 5NA

Loopty Lou's

w: loopytulous.co.uk t: 01779 476621

MACBI Community Hub

t: 01771 624593

e: machi@outlook.com

Portlethen Library

t: 01224 472870

RGU Sport

t: 01224 263666

e: sportdevelopmentteam@rgu.ac.uk

Skyline Trampoline Park

t: 01467 535013

Sport Aberdeen

w: sportaberdeen.co.uk

Linx Ice Area

t: 01224 507762

Tullis Pool

t: 01224 507680

Northfield Swimming Pool

t: 01224 214494

Aberdeen Snowsports Centre

t: 01224 810215

Vue Cinema

w: myvue.com

Waulkmill Menagerie

Waulkmill Fishery, New Deer AB53 6UP Turriff

We Too!

t: 01224 539393

w: ticketsource.co.uk/we-too

Contact Details

WE TOO! OCTOBER HOLIDAY PROGRAMME

Some activities are part of the Autumn in the City funded by Aberdeen City Council

Sat 11th	Relaxed Pokemon Academy	
	Relaxed Sensory Bowling	Tues 14th
Wed 15th	Relaxed Fire Station Visit	
	Relaxed Tubing	Thurs 16th
Fri 17th	Relaxed Spooky Crafts @Ninja HQ	
	Relaxed Anime Art Academy	Sat 18th
Sun 19th	Relaxed Twilight Night@ Codonas	
	Relaxed Picnic with the Ponies	Tues 21st
Wed 22nd	Relaxed Sensory Bowling	
	Relaxed Spooky Crafts @ Ninja HQ A	Thurs 23rd
Fri 24th	Relaxed Tubing	
	Relaxed Retro Gaming @ Arcadia	Sun 26th



WE TOO! NOT SO SPOOKY HALLOWEEN PARTY

Based in Deeside Aberdeenshire

We organise relaxed sessions of activities for children with additional support needs. If your child is neurodivergent or has any other support need then you will find a warm welcome at our sessions.



Recent activities include Paddle Boarding, XHail Kids and Outdoor Play at KnockieHill Woods. In the future we are planning some dance classes & lots more!



If you would like to be first to hear whats going on... **Join our mailing list** by sending your email address to us. You can email admin@scill-aberdeenshire.org.uk or whats app 07913326816



www.scill-aberdeenshire.org.uk



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SCIO
SC048188



Carer's Allowance -moved to Carers Support Payment

Carer's Support Payment can be paid to someone caring for a child for at least 35 hours a week who get certain benefits such as the middle or highest rate care component of Child Disability Payment (formerly Disability Living Allowance). It can seem strange to apply for it if you are a parent who would be caring for your child regardless, but it can make a massive difference to your household budget. Carer's Allowance is paid at a standard rate of £83.30 a week. you are entitled to this benefit if you are over 16, spend at least 35 hours caring for someone and are not in full-time education. You can have a part time job - £196 earnings limit per week after allowable deductions. This is your income and not your partner's/households. You can apply for this benefit directly online or call the helpline

T: 0800 731 0297 www.gov.uk/carers-allowance

Carer's Allowance Supplement

Carers in Scotland who receive Carer's Allowance will receive a top-up benefit twice a year from the Scottish Government.

Carer's Allowance Supplement for 2025 will be paid in June for those who received Carers Support Payment on 14th April 2025 and in December for those who received Carers Support Payment on 13th October 2025 of £293.50.

T: 0800 182 2222 www.mygov.scot/carers-allowance-supplement

Child Disability Payment (formerly Disability Living Allowance)

NO! I know for many this can be a hard one to start with, but it can be the benefit which can allow your child to access other benefits and services shown below. Child Disability Payment is not means tested and does not require a diagnosis for you to claim. It does require you to demonstrate that your child needs more help and support than other children their age.

It's a payment to help with the extra costs of being disabled or having a long-term health condition. It's paid by Social Security Scotland. Child Disability Payment has replaced Disability Living Allowance (DLA) for children and young people who live in Scotland.

T: 0800 121 4600 www.mygov.scot/child-disability-payment

Carer's Credit

NO! If you spend more than 20 hours a week caring for someone, but do not qualify for Carers Support Payment and are not receiving a State Pension, you might be able to claim Carer's Credits. This pays your National Insurance credits towards your State Pension as you are not making your own contributions due to your caring role

www.gov.uk/carers-credit

The Scottish Welfare Fund

If you have an unexpected financial need, the government has provided help for families and people in Scotland through 3 types of grant; Crisis Grant, Self-Isolation Support Grant and Community Care Grant. You can see more information and how to apply through your local council here

www.mygov.scot/scottish-welfare-fund

Carer's Premium

Carer's Premium is an extra payment of up to £37.70 per week that can sometimes be added in to the calculation of other benefits you might get on top of your Carer's Allowance, such as Income Support, Income Based Job-seeker's Allowance or Housing Benefit. If you already get any of these benefits, you should let the relevant people know that you have been awarded Carers Support Payment so they can add the Carer Premium to your payment. If you have only just found out about Carers Premium and already get Carers Support Payment, sometimes the benefit can be backdated. The benefit will be dependent on your household income, including any savings.

For more information contact Carer's Allowance Unit - 0800 731 0297

Scottish Child Payment

Scottish Child Payment helps towards the costs of supporting your family. It's a weekly payment of £27.15 that you can get for every child you look after who's under 16 years of age. You'll get the payment every 4 weeks if your application is successful. It's up to you what you choose to spend the money on. Scottish Child Payment does not affect any other UK or Scottish Government benefits that you, or any person in your household, currently get.

Details on how to apply - https://applications.socialsecurity.gov.scot/help-supporting-your-family.html?source=SCP#do_you_or_your_partner_get_scottish_child_payment

Child Winter Heating Assistance

Families in receipt of the highest rate care of Child Disability Payment (formally Disability Living Allowance) on at least one day of the qualifying week, dates for 2025 have yet to be confirmed.

If you have more than 1 eligible child or young person in the household, they'll each get the payment.

www.mygov.scot/child-winter-heating-assistance/who-can-get-child-winter-heating-assistance

Income Support

You can no longer make a new claim for Income Support. You need to apply for Universal Credit instead.

If you already receive Income Support, further information can be found here:

www.gov.uk/income-support

Universal Credit

Universal Credit is for people who are on a low income, out of work or cannot work. This could be because of their disability or caring for a child with a disability. Further information at:

www.gov.uk/universal-credit t: 0800 055 6688

Young Carer Grant

This is a yearly payment of £390.25 for young carers in Scotland. To be able to get Young Carer Grant, you must be 16, 17 or 18 years old and caring for an average of 16 hours a week.

www.mygov.scot/young-carer-grant/

Disabled Persons Railcard

NO! A Disabled Persons Railcard entitles the holder & a carer /companion 1/3 off most adult train fares on the National Rail network. Costs £20 a year or £54 for 3 years card, available at any staffed ticket office or apply online at:

www.disabledpersons-railcard.co.uk

Visitor Attractions

Remember and ask wherever you visit whether they have a policy to let in carers free when you are out with your family. Or check the policy on their websites before you set off - most will, so be sure to offer some kind of proof. A copy of Child Disability Payment will usually suffice.

Take A Break Scotland

NO! Take A Break is also government funded and is administered by the Family Fund. However, it is two different grants so you can apply for both. This fund supports families in Scotland with disabled children and allows them to apply for a break away or recreational activity/equipment.

www.takeabreakscotland.org.uk

Merlin's Magic Wand

NO! Merlin's Magic Wand is a worldwide charity for children who arrange magical days out at Merlin Entertainment Attractions, such as Legoland, Sea Life Centres and Alton Towers. They award tickets for entry to your chosen attraction in the UK. They have their own criteria for eligibility but are not dependent on your household income.

www.merlinsmagicwand.org



STOP! Not all benefits are means-tested!

Please take time to check over these pages - the benefits which are not means-tested have been marked with a :

NO!

HELP & SUPPORT



Self-Directed Support

Self-Directed Support (SDS) is a term that describes the ways in which individuals and families can have informed choice about how their support is provided to them. It is most commonly used in the delivery of social care and support but it can be used to cover a much wider range of services. SDS gives people control over an individual budget and allows them to choose how it is spent on support which meets their agreed outcomes.

There are a number of options for getting support:

- Taken as a Direct Payment (cash into the nominated account)
- Allocated to a provider that the individual chooses.

The provider holds the budget, but the family choose how this is spent within that.

- Choose a council arranged service
- A mix of the above

www.sdsscotland.org.uk

Housing And Council Tax Benefit

These benefits are linked together in the same form in Aberdeen City. This is available for any household paying rent, whether it's rented privately or from council/housing association and is dependent on your income.

See your local authority website for more information.

Aberdeen City Council: www.aberdeencity.gov.uk/services/benefits-and-advice/housing-benefit

Abdnshire Council: www.aberdeenshire.gov.uk/benefits-and-grants/housing-benefit/housing-benefit/

Employment & Support Allowance

Employment & Support Allowance can help if you have a disability or health condition that affects how much you can walk. Most new claims are now accessed through Universal Credit.

www.gov.uk/employment-support-allowance or Helpline: 0800 328 5644 (Option 2)

Access To Leisure Scheme

From 1 April 2022, the way in which customers access discounted leisure/ sporting activities and out of school care changed in Aberdeen. The organisations previously offering Access to Leisure discounts (Aberdeen City Council, Sport Aberdeen and Aberdeen Sports Village) now operate their own concessionary schemes.

Details of availability and application process for discount on leisure and sporting activities:

www.sportaberdeen.co.uk/apply-for-discounted-access

www.aberdeensportsvillage.com

For info on who is entitled to discounted child-care offered by Aberdeen City Council and what evidence is required:

www.aberdeencity.gov.uk/services/education-and-childcare/family-information-service

NO! Warm Home Discount Scheme

You could claim up to £140 discount each year on your electricity bill through this scheme. Each supplier has their own rules about who qualifies, so it's worth getting in touch with them. A list of suppliers who take part at:

www.gov.uk/the-warm-home-discount-scheme

Radar Key

A RADAR key can be used to gain access to unisex disabled units fitted with a RADAR lock, as available at public conveniences. There are a variety of ways to purchase the key, please ensure you purchase an accredited key!

The Changing Places app for Android & Apple is now live with the Accessible Toilets app coming soon.

www.radarkey.org

For upcoming information on accessible toilets and changing places visit

www.loo.org

Family Fund

Family Fund is there to support families caring for disabled children up until the age of 24. They have their own criteria for funding so please check. It does tend to be based on income.

www.familyfund.org.uk

Young Carer's Package

If your Young Carer is too young to access the Young Carer Grant, there is a Young Scot package for 11-18 year olds

www.young.scot/get-informed/national/young-carers-package



STOP! Not all benefits are means-tested!

Please take time to check over these pages – the benefits which are not means-tested have been marked with a :

NO!

Carer's Assessment

To make the most of your carer's assessment, it's a good idea to consider the impact caring has on your life and be honest! **Sleep** - How much sleep do you really get? **Health** - Are you keeping well or is it suffering with your caring role. **Career** - Is caring having an impact on your job – are you worried about it? **Personal Time** – Are you getting time to look after yourself?

As a carer for your child, you are entitled to a carer's assessment. It is a chance to discuss with a social worker what help you may need in caring for your child. It lets a social worker assess your unique situation and see whether you are entitled to any services that would make your caring role easier for you.

There is still a negative stigma around having a social worker, but a social worker can be a tremendous support to your entire family and can refer your child to play schemes and holiday clubs that only a social worker can make referrals to. Following your care assessment, social services will create a care plan specifically designed to meet your needs as a carer. This should include any support and services you have been assessed as needing. It might also include additional care for the person you are caring for.

Once a care plan has been agreed, you will be given funding to pay for the services. You then have a choice:

• Receive the funding as a personal budget so you can buy in the services you need from the service providers that you choose.

• Leave it to the council to purchase the services for you To receive a carer's assessment, please contact:

Duty Social Work Team, ACC, Marischal College, Broad St, Aberdeen, AB10 1AB t: 0800 7315520

e: ChildrenAndFamilies-Reception@aberdeencity.gov.uk

Duty Social Work Team, Aberdeenshire Council

e: social-work@aberdeenshire.gov.uk

phone number depends on location, refer to:

www.aberdeenshire.gov.uk/social-care-and-health/children-and-families/children-and-families-team-offices

Best Start Grant And Best Start Food

Best Start Grant is 3 cash payments, paid once per child. There are 3 Best Start Grant payments depending on the age of your child. Information can be found here: www.mygov.scot/best-start-grant-best-start-foods

Best Start Food can be paid when you are pregnant and up to the age of 3 for your child. It is paid every 4 weeks.

To find out where you can use your Best Start Food prepaid card and what it can be used for, check their website

Best Start Food is dependent on household income. www.mygov.scot/best-start-grant-best-start-foods

Blue Badge Parking

This can allow you to park in more convenient locations, such as disabled parking bays or single or double lines (must not cause an obstruction.) You are entitled to a blue badge automatically if your child receives the high rate mobility within their Disability Living Allowance Award.

The criteria for a blue badge has been extended to include cognitive disabilities where there may be a lack of awareness with danger and around traffic. This application cannot be done online and you should approach your relevant local authority for guidance on how to apply. You can apply on-line for the badge here:

www.gov.uk/apply-blue-badge

Aberdeen City: www.aberdeencity.gov.uk/services/roads-transport-and-parking/apply-blue-badge

Aberdeenshire: www.aberdeenshire.gov.uk/social-care-and-health/community-care/blue-badge-scheme/

NO! Cinema Card

This card is issued through the Cinema Exhibitor's Association. If your child is in receipt of Disability Living Allowance, then you can apply for this as long as they are 5 years or older. When the card holder is going to the cinema this allows 1 carer to attend free. This can be any carer attending with the child. You can book your ticket on-line using the card number that is provided. The card costs £6.50 per year.

www.ceacard.co.uk

Turn2us

Features a benefits calculator that can help with individual situations and entitlements.

www.turn2us.org.uk

Entitledto

Online benefits calculator, benefits information and budgeting tools.

www.entitledto.co.uk



wetoo!
wetoo!
wetoo!



TWILIGHT NIGHT 2025 LET'S BOO THIS!



The Ninjas are
thrilled to return for another
award winning **EXCLUSIVE Spooktacular**
session in the outdoor amusement park at
Codonas **SUNDAY 19th OCTOBER 5.30pm-7pm**

The **BOO-riliant** news is **ALL** profits go
towards our fundraising efforts!

There is no music, reduced numbers and
minimal waiting times for rides. But wait there
is more **FANG-tastic** news everyone coming get
a trick or treat bag to fill with goodies
throughout the session.

REVISED BOOKING PROCESS – You Spoke, We Listened!

Because our sessions are designed to be relaxed and intimate, spaces are
very limited. To give everyone a fair chance to attend, tickets were offered
to book via a ballot system.

