

wetoo!



WINTER WONDERFUL

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Notes from the Chief...



Hello Winter!

Welcome to Issue 43. Still wild to say out loud. When this magazine began, the idea was simple: get practical information into the hands of families who needed it. No frills, no corporate gloss, just real experience shared by real people who live this life daily. Somewhere between my first issue and now, that little idea turned into a movement - and 2025 has made that clearer than ever.

This year was not quiet (have we ever done quiet?). Ninja HQ has been full actually sometimes bursting with families needing advice, reassurance, space to breathe, or simply a cup of tea and someone who gets it. The number of people walking through our door continues to rise, and every conversation reminds me why we do this. Parenting a child with disabilities is rewarding, complicated, messy, hilarious and exhausting - sometimes all in one afternoon (hour!). No one should have to navigate that all on their own (or wait for years on a waiting list).

2025 gave us challenges, but it gave us growth too. We extended our training. We strengthened partnerships. We delivered sessions, events, talks and support that may not have made headlines, but absolutely made a difference. We continued to show and not just say that accessibility doesn't need to be complicated. It needs to be considered, embedded and expected. If this year has proven anything, it's that the message lands best when lived experience leads it - nothing about us, without us.

There were big highlights: Tall Ships, Spectra, Relaxed Christmas events, sensory support at scale, BSL tours, relaxed performances, the continued evolution of ChillVille, and new national links emerging that we couldn't have imagined when this all started. But equally significant were the quieter wins - the child who found comfort in a sensory kit, the parent/carer who said, "I don't feel on my own anymore." Those moments matter just as much as the big stages.

And now we look toward 2026.

I won't pretend we have every detail pinned down - ideas move fast around here (especially when you have ADHD!) but we know the direction. More family support. More visibility. More training and shared practice. More lived-experience leadership. More collaboration with partners who want to get accessibility right, not just tick a box. We'll keep amplifying voices that are too often overlooked. We'll keep creating spaces where disabled customers are welcomed as simply customers rather than service users.

We go into the new year with ambition, realism, humour, and a slightly over-cafeinated determination to keep pushing for better.

Thank you to everyone who supported us, challenged us, cheered us on or simply walked through our door. You keep We Too! moving and moving forward.

Here's to the holidays. however than may look for you.

Till Next Time.

Phionna

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

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Doug on the Dosh



TINSEL, TWINKLY LIGHTS AND A TIGHT BUDGET — HERE'S HOW I MAKE THE SEASON SPECIAL WITHOUT BREAKING THE BANK.

CHRISTMAS REALLY IS THE MOST MAGICAL TIME OF THE YEAR — FOR THE KIDS AND, LET'S BE HONEST, FOR US BIG KIDS TOO. BUT IT CAN

ALSO BE A BIT OF A WALLET WOBLER. BY THE TIME YOU'VE SORTED PRESENTS, PARTIES AND ALL THE EXTRAS, IT CAN FEEL LIKE YOUR BANK CARD'S BEGGING FOR MERCY.

As a Dad to two brilliant kids - one with additional support needs and both full of energy - I know how fast the pennies can fly.

The good news is you don't have to spend a fortune to make Christmas special. Some of the best memories we've made have cost next to nothing.

OUT AND ABOUT — FREE FESTIVE FUN OUTDOORS

You don't need to go far to find a bit of Christmas sparkle. Wrap up warm and head out for a walk around your neighborhood to see the lights. We always make a game of it — who can spot the biggest Santa or the brightest house? I take a flask of drinking chocolate, the kids bring their excitement, and that's our evening sorted.

If you get a dry day, grab your hat and gloves and go for a proper winter walk. Trust me, nothing beats blowing the cobwebs away after a few too many mince pies. We love spotting robins, frosty leaves and collecting pinecones for crafts. Sometimes we turn it into a scavenger hunt — who can find the biggest tree or a house with a red door? And yes, it all helps walk off the Christmas pudding too — not that I ever say no to seconds.

A wander around a Christmas market is another good shout. You don't have to buy anything; just enjoy the lights, the music and that festive buzz. Afterwards, head home for your own hot chocolate (or coffee, in my case) instead of paying café prices.

Local churches often have free carol services or nativity plays, and they're always lovely. You don't have to be religious to enjoy the warmth and community spirit — it's what Christmas is all about.

And on a clear winter's night, take a minute to look up. The skies can be amazing this time of year. We sometimes head out for a bit of stargazing — the kids love spotting constellations or just making up their own.

It's a peaceful moment before the bedtime chaos starts again.

Making Christmas Magic on a Budget

COSY NIGHTS IN — FREE FUN AT HOME

Once your decorations are up, try something a bit different and have a camp-out under the Christmas tree. Grab the duvets, switch on the fairy lights and stick on a festive film. It's daft, it's cosy, and the kids think it's the best thing ever. You can't beat a Christmas movie night. Stick on an old classic — Home Alone, Elf, The Snowman.

Forget buying fancy baubles — half the fun is making your own. We've had everything from paper snowflakes to cardboard reindeer hanging off our tree. The kids get stuck in, we make a mess, and it's brilliant. Use what you already have lying around; it's about the memories, not perfection.

Baking is another big hit in our house. Every year we pick something different — biscuits, cupcakes or a bit of festive fudge if we're feeling brave. You don't have to be Paul Hollywood; it's about the laughs, the smell of something sweet in the oven and the kids fighting over who gets to lick the spoon.

When things start to quiet down after Christmas Day, reuse old cards rather than throwing them out. Cut them up to make thank-you cards or little pictures to send to friends and family. It's a calm, easy activity for that in-between week and it helps the kids show a bit of kindness too.

And if you've got little ones, don't forget the Santa Tracker on Christmas Eve. It's free at www.noradsanta.org, and the kids love watching where Santa's sleigh is heading next. It's become part of our Christmas Eve routine — a hot drink, some biscuits for Santa and keeping an eye on the big man before bedtime.

LOCAL FREE ATTRACTIONS

Aberdeen Art Gallery and the Maritime Museum are open as normal (closed 25–26 & 31 December, and 1–2 January). We love a wander round them, especially when the weather's not great.

Christmas doesn't need to be about spending big too many parent/carers put an enormous amount of pressure on themselves. Some of the best moments are the simple ones — watching the same film you've seen a hundred times, walking off the pudding, or sitting with a glass of wine (although expect to be interrupted x100 at least).

It's never perfect and accept that your Christmas may not look like a John Lewis ad, but embrace the chaos, crumbs on the carpet and memories that don't cost a penny.

Doug

WINTER MOMENTS ARE MADE TOGETHER

Essential companions
admitted free when
accompanying a visitor
with support needs.

Check out Euan's Guide,
our own access guides,
or just give us a call.

for accessibility guides,
seasonal events & visit inspiration:

nts.org.uk

The National Trust for Scotland is a Scottish charity, SC007410

PARENT TO PARENT

PRESENT TIPS

The pressure of buying the perfect Christmas gift for a loved one is definitely on! Now factor in an extreme eye for detail and very specific (and often wonderfully obscure) interests... and you have my son .

This is the same child who once refused to play with Lego figures because their facial expressions were "wrong"! Most of his presents from last year are still boxed under his bed because they didn't quite match his expectations.

This year, I know one thing that will help: I've made a photo album in advance with exact pictures of his gifts so he knows what to expect. If it's a thumbs-down, I still have time to exchange it . I know I'm not the only parent or carer facing this challenge!

We asked you – What present tips have you learnt that you would like to share?

My daughter always hated Xmas crackers - we had no idea why then when she was finally diagnosed I thought about it and it was the bang, so now I buy the crackers and remove the snap, it's simple to do and makes the day more enjoyable.

it is completely okay if the gifts don't get opened until January, or even later.

There is no right or wrong way to handle Christmas or special days. Some people open gifts later. Some open them one at a time or over days or weeks. Some create a quiet moment to open them privately. What matters most is doing what feels safe and gentle for you and your loved one

The mystery of what's in the present is not fun for my son, it's overwhelming and a bit scary so we don't wrap anything we just place the gifts under the tree, and it means I don't have to waste hours wrapping!

Too many presents on one day are too much for my loved one and they get very overloaded. Instead, we open a present a day in December, sometimes just a comic or selection box, and leave their main pressy for Xmas day. One present they can really enjoy as oppose to spending the day overwhelmed.

I make a present board (a bit like a vision board) together with my son. We cut out pictures from Smyths catalogue or print pictures from the shop we are buying from. The board stays up in his bedroom, so he had no doubts around what he's getting. I find it also builds his excitement as by the time the day comes he can't wait to get his hands on them!

The goal is a happy, regulated child—not a picture-perfect Christmas morning. We have very set routines even on Christmas Day. We have 10 mins slots of present opening peppered with breaks for food, movies and ipad time. Never too much at one time. Of course, we also have nuggets for lunch, just like every day to help keep things predictable.

The Unexpected UPSIDE

By Carrie Morrison



Our Journey to Enjoying Home Education

I'm Carrie, mum of three boys, all of whom have additional support needs, and a We Too! Ninja, based at our Ninja HQ. Almost a year ago, our family decided to withdraw our son from the school role.

Our son's transition to Secondary school wasn't smooth. Initially, his attendance dropped after the first few weeks. A rise followed in irritability, anxiety, and hypervigilance, skills regression, then BURNOUT gripped, causing situational mutism with little talking for months. It wasn't as simple as the school offering adjustments; we tried, they tried, learning needed to be on his terms and that wasn't going to change anytime soon.

Home education wasn't something we relished. Our son remembers lockdown, blurring the lines between home and school. I recall the hours spent following the school curriculum from the table, with shaky internet and a reluctant seven-year-old. These were some of the questions whirling around my head at the time:

How will this affect their future?

Do I have the necessary skill set and time?

Can we afford the change?

Where do I start to find information?

Among others...

The idea scared me, but after investigating, I found home education doesn't need to be daunting.

Here are some helpful titbits and highlights so far:

1. Learn from lived experience. If home education is the best option, join support groups, both in-person and online, to gain knowledge. You'll hear about positive and challenging experiences home educators face. Doing this helped me form education plans structured around the resources available. Official guidance is available (see QR code), but personally, listening to families gave me the confidence and ideas required.

2. It can take many forms, including Un-schooling, Autonomous, Project-led, Charlotte Mason-style Child-led, Play-based, Semi-structured, and Structured Learning. You need to adopt opportunities for learning in various subjects, however, as long as you include literacy + numeracy, opportunities for physical exercise and social engagement, and the plan matches your child's abilities, you've got freedom of choice as to how your child's education is structured, what's involved

and flexibility needed to build ranging, evolving approaches.

3. Expect a period of Un-Schooling! If your child is leaving school due to difficulties, burnout, or distress, you'll need a period to decompress. This period may be longer than anticipated. For us, it was four months before he engaged, and even then, it was baby steps + special interests. I fell into the eagerness trap, booking things before he was ready and feeling like he wouldn't progress when plans didn't work out.

4. Let them take the lead. Since we started home education, our son has been learning coding languages, cybersecurity, taking skateboard lessons, crocheting, and map grid referencing, among other subjects. He enjoys taking on projects and engaging in topics to see them through to completion.

5. Learning can happen at any time or place where they're comfortable. Flexibility is crucial and key to avoiding upheaval that comes with being a home educator. We don't need to follow a standard Monday to Friday schedule. Our son enjoys doing his learning activities in the evenings. He's more engaged after a couple of hours with his special interests, which are a priority for him.

6. Be a learning team. Home education is a journey you're all on; be curious about what interests your child and use these as a springboard. You learn a lot from what they already know, and from supporting them through new topics as you investigate things together.

7. It doesn't have to be permanent. They may want to try school again with the right environment/adjustments. It's possible to re-register.

8. Exams. There are many assumptions and societal beliefs surrounding exams and qualifications. It has only recently become accepted that not everyone is ready to sit them at the same time, and for some, qualifications based on exam results may not be possible, and that's OK! There are different opportunities available. If exams are your child's goal, there are options in Scotland. Learning is a lifelong pursuit that can be tailored to meet the needs of individuals, meeting them where they are ready, rather than where we think they should be.

Home education has been an unexpectedly positive experience for us, helping to strengthen our relationship with our son, develop trust, and has allowed us to connect. From a mental health perspective, we've got our son back, which has made it worthwhile. I'm immensely proud of what we've achieved so far and how far he has come.

If you're interested in hearing more about home education or burnout, these topics will be covered in our Ask a Ninja series, returning in January - QR code for more info + booking.



The Brutally Honest Guide to Self-Care

Make time for Self Care... By Linda-Jo Archibald

As an ASN parent this as important as it is unachievable. Its good advice, it's the holy grail but we are indispensable, overstretched and we spend so much money on replacing iPad screens we are too skint.

However, as we free fall toward the festivities which most of us know more as the most challenging time of the year as opposed to wonderful, self-care is vital, well some form of it.

We are not talking have a glass of wine and a bath - I mean go for it, if you can but you will more than likely be interrupted by a pooping member of your family or serenaded with the joyful demise of all that is peaceful and surrounded with crescendos of various versions of your name/title.

So, I have created my own list of unhinged self-care for desperate ASN parents by desperate ASN parents...

Take it in shifts — our whole world revolves around sleep. If you have an early riser or a night owl, take Saturday and Sunday in turns with your partner so that you each get a shot at better night's sleep and a long lie.

Find joy - On one day a week do something you enjoy that's just for you... I ride but have also enjoyed getting up a hill, paddle boarding, a spa day, friend's activities include painting, singing, crafting, reading, fitness, playing an instrument — whatever it is, wedge a day of joy into your week when the kids are at school or with someone else if you can.

Water — when the kids were little, I heard a saying if a kid is having a bad day put them in water. Unlike gremlins after midnight generally kids become better versions of themselves in water. A warm bath, a paddling pool, splashing in puddles or paddling in a river or the sea. Even a swim can fill a crap day and make it better — depending on your child and your capacity to endure the sweaty change afterwards.

When I had covid and I was solo parenting 2 kids also with covid but zero symptoms I filled and refilled the bath repeatedly while the pair of them splashed and soaked the whole room for hours. I slept outside the door on the hallway floor because I just couldn't keep my eyes open and it was the only way I could keep them entertained with no input from me.

Desperate times, desperate measures.



Screaming — so this is possibly my most desperate form of self-care. When things are wild and I am containing too much and need to lose it I pop to the shop in the car and scream until my throat feels like its bleeding. Then I usually have a sob, give myself a hug, wipe my face, and get back into it slightly refreshed by the release.

Choose your circle and prioritise your energy — focus on friendship that makes you feel good, seen and understood. Speaking of your circle, have an SOS friend. A friend that you can text or call when you just can't keep going. One that will either appear and take you and your kid out to break the tension, calm you down comfort both of you or just take the bairn so you can rock in a corner alone or take a shower/nap. **Side note, to have a friend like that you need to be a friend like that.**

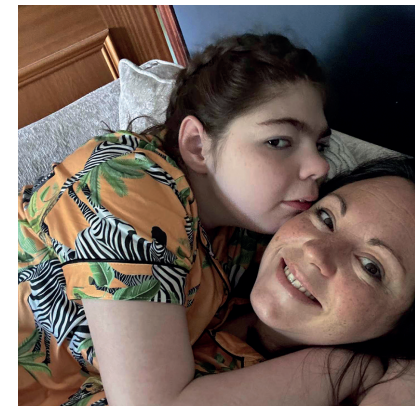


Acceptance — this was the biggest game changer for me. Accept that your life is different. Accept that you can't arrange to do things out with school hours, stop being so shocked by shocking behaviour. We know that most other families don't have to endure meltdowns, injuries, endless trips to hospital and advocate for their kids' needs in meetings. Most families don't have to replace the fridge because the door was ripped clean off or their year-old shower tray because their teenager managed to crack it, but this is our life.

All you can do is shrug and make the best of it.

My ultimate form of self-care, though, is basking in the love and adoration my daughter gives me when she is calm and content. Not many mums are invited to join their 15-year-old in bed for a lie down squishy cuddle while they do 'fast kisses' all over your face and tell you they love you. I don't care if we are running late, I will be present in those moments always because they feel extra special, she gives me these moments because I hold it together and get her through her meltdowns and worst behaviours. She knows she can trust me and depend on me to show her calm and safety, and those moments of connection and love are my reward.

Treasure and focus in on those moments enjoy them you have earned them!



PARENT SUPPORT & TRAINING

We Too! @ Ninja HQ

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

Closed 21 Dec-6 Jan – emails will be responded to.

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 w: www.sensationall.org.uk

Closed 19 Dec – 5 Jan

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 please visit their website or email.

Aberdeenshire Carers Service VSA

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

Closed 24 Dec at 4.30pm – 5 January

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
w: www.carers.quarriers.org.uk/services/aberdeen-carers-support-service

Closed 24/25 Dec and 1 Jan

voicemails will be answered every other day.

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 <https://quarriersacademy.org.uk>.

Aberdeen Young Carers Barnardos

t: 01224 624090 e: AberdeenYoungCarers@barnardos.org.uk
w: 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

Closed 19 December – 5 January

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

DEC

**Contact details
now on Page 23**

Saturday 20 December

We Too! Elf School – Join the We Too! Elves for Elf School in the Trinity Centre from 10am–3pm. Book your session at www.ticketsource.co.uk/we-too

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Ages 5+. Book at www.ticketsource.co.uk/we-too.

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 12.30–1.30pm. Book your spaces at www.ticketsource.co.uk/we-too

Relaxed Anime Art Academy – (Ages 10+) 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. From 12.30–1.30. Booking at www.ticketsource.co.uk/we-too

Christmas Party on the Farm – Waulkmill Menagrie, New Deer, AB53 6UP. Open to all – Meet and receive a gift from Santa, all day entry to the farm and 1 tub of feed £18 per child, Adult £5 when booked online or £6 paid on the day. 10am–12pm or 12.30–2.30pm, Dogs meet Santa Paws and receive a gift–£8.

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchory School, AB31 5HT. All ages welcome 1400–1500. All new starts please call Hugh t: 0777 582 6756 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 5.15–6.15pm. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullis Pool, Girdleness Rd every Saturday 5–6pm (small pool only). No booking required for more info www.sportaberdeen.co.uk Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur.

Sunday 21 December

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. New starts contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

We Too! Elf School – Join the We Too! Elves for Elf School in the Trinity Centre from 10am–3pm. Book your session at www.ticketsource.co.uk/we-too

ASN Christmas Party on the Farm – Waulkmill Menagrie, New Deer, AB53 6UP. Meet and receive a gift from MAKATON Santa, all day entry to the farm and 1 tub of feed £18 per child, Adult £5 when booked online or £6 paid on the day. 10am–12pm or 12.30–2.30pm, Dogs meet Santa paws and receive gift £8.

What's On

Monday 22 December

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

Sensory Soft Play – Calm Cove, 24 Robertson Rod, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm.

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. For club members aged 9+ (reduced membership fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Aberdeenshire.

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability.) For more information visit AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided.

Relaxed Swim Session – Tullis Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur.

Relaxed Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

Tuesday 23 December

ASN Family Movie Night – enjoy a Christmas movie at Calm Cove, Fraserburgh from 5.30–7.30pm. All children must be accompanied by an adult. Siblings welcome, £6 per child.

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

Wednesday 24 December

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Road, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book via Facebook page

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 through to 2045 for all levels from pre-school to junior advanced. Pre-booking essential.

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-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 FB page or e: silvercity-comics@gmail.com. Payment will be taken on arrival.

Saturday 27 December

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 5.15–6.15pm. Information at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullis Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required for more information www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions available on live timetable as changes may occur

Sunday 28 December

Vue Cinema – Autism Friendly Screening on the last Sunday of every month. Details at www.myvue.com

Monday 29 December

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. For more information visit www.sportaberdeen.co.uk

Relaxed Swim Session – Tullis Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. For more information contact www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

Saturday 3 January

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 5.15–6.15pm. For more information contact www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullis Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required, info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 4 January

Cineworld – Autism Friendly Screening on first Sunday of every month. Details at www.cineworld.co.uk

Monday 5 January

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. For more information visit www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via FB page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. For club members aged 9+ (reduced membership fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Aberdeenshire Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided. Info/book at www.flyersbasketball.co.uk

Aye Aye Club – ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre. From 19:00–21:00 during term time only. There is a waiting list in operation for Aye Aye Club.

Innoflate – Relaxed sessions at Innoflate, Beach Esplanade in partnership with We Too! From 6–7pm. To book visit www.innoflate.co.uk

Relaxed Swim Session – Tullis Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. For more information contact www.sportaberdeen.co.uk. Drop-in but spaces restricted. Check sessions are available on live timetable as changes may occur

Relaxed Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

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Tuesday 6 January

Relaxed Codonas – Join the We Too! Ninjas at Codonas from 4.15pm for our #TakeoverTuesday. Relaxed Bowling and Relaxed Laser Tag, various sessions available and must be booked at www.ticketsource.co.uk/we-too. Relaxed Smugglers Cove 4.15–6pm (just turn up and pay). Info at e: events@weto.org.uk

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise and improvement advice / instruction. Hoist and disabled facilities at the venue. All ages welcome. Contact before attending.

Soft Play – ASN soft play session from 5–7pm, £4 per child. MACBI Community Hub Newlands Road, Mintlaw, AB42 5GP. No booking required t: 01771 624593 or e: macbi@outlook.com for more information.

HANDSS – ASN Social group targeted at age 5–15 years. Every Wednesday term time only 6.15–7.30pm, £2 a child this also includes a snack. You must be registered to attend, and a waiting list may apply.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 6–8pm. Book via FB page

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book a LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Wednesday 7 January

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via FB page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book on FB page

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615–2045 for all levels from pre-school to junior advanced. Pre-booking essential. Info at www.sportaberdeen.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd – 6.30–7.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential. Info at www.sportaberdeen.co.uk

Geek Retreat – Relaxed session in the morning for £5 per person including free refills. Drop-ins are welcome or pre-book by messaging their Facebook page or e: silvercitycomics@gmail.com. Payment on arrival.

Thursday 8 January

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am–12pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

Friday 9 January

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

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all 12–2pm. Book via Facebook page

ASN Teen Club – Calm Cove, 24 Robertson Road, Fraserburgh. Dart boards, pool table, games and more. Preteen – 6–8pm. Book via Facebook page

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Road. Contact for more info or to book a space. Bookings are made in blocks and advance booking essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to check session is running, no drop-ins.

Saturday 10 January

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too

Relaxed Anime Art Academy – (Ages 12+) Come 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. From 1230–1330. Booking essential at www.ticketsource.co.uk/we-too

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–5pm. Book via FB page

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6–12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchory School, AB31 5HT. All ages welcome 1400–1500. All new starts please call Hugh t: 0777 582 675 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent 5.15–6.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 11 January

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. New starts contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

Chrysalis Tennis – Tennis sessions with qualified instructors for children and young people with Down Syndrome. Courts 3&4, Aberdeen Tennis Centre, Westburn Park. Under 12s at 10–11am and teens/adults from 11am–12pm. Booking is essential.

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

Monday 12 January

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. For more information visit www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via FB page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen & Aberdeenshire. Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided. Info at www.flyersbasketball.co.uk

Aye Aye Club – ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre. From 19:00–21:00 during term time only. There is a waiting list in operation for Aye Aye Club. Contact o find out more or register an interest in joining.

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur.

Relaxed Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen.

Tuesday 13 January

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise and improvement advice / instruction. Hoist and disabled facilities at the venue. All ages welcome. Prior to attending contact 07967 676 865

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

HANDSS – ASN Social group targeted at age 5–15 years. Every Wednesday term time only 6.15–7.30pm, £2 a child – includes a snack. You must register to attend, and a waiting list may apply.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 6–8pm. Book via FB page

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book on LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Wednesday 14 January

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via FB page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book on FB page

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615–2045 for all levels from pre-school to junior advanced. Pre-booking essential. Info at www.sportaberdeen.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential. Further information visit www.sportaberdeen.co.uk

Geek Retreat – Relaxed session in the morning for £5 per person including free refills. Drop-ins are welcome or pre-book by messaging their Facebook page or e: silvercitycomics@gmail.com. Payment on arrival.

Thursday 15 January

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres 10.30am–12pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on timetable as changes may occur

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via FB page

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Friday 16 January

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

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all 12–2pm. Book via Facebook page

ASN Teen Club – Calm Cove, 24 Robertson Road, Fraserburgh. Dart boards, pool table, games and more. Preteen – 6–8pm. Book via Facebook page

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Road. Please contact for more info or to book a space. Bookings are made in blocks and advance booking essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Saturday 17 January

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too. or for more information e: info@weto.org.uk

Relaxed Anime Art Academy – (Ages 12+) Come 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. From 1230–1330. Booking essential at www.ticketsource.co.uk/we-too

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–5pm. Book via Facebook page

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchorry School, AB31 5HT. All ages welcome 1400–1500. All new starts please call Hugh t: 0777 582 6756 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres 5.15–6.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required, info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 18 January

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. New starts contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

Chrysalis Tennis – Tennis sessions with qualified instructors for children and young people with Down Syndrome. Courts 3&4, Aberdeen Tennis Centre, Westburn Park. Under 12s at 10–11am and teens/adults from 11am–12pm. Booking is essential.

Soft Play Sunday – Relaxed time with the whole family in SensationALL's soft play area and sensory room, Westhill. From 1–2pm (under 5s), 2.30–3.30pm (6–10 years). £5 per family, per session.

Monday 19 January

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. Info at www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via Facebook page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Aberdeenshire. Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability). Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided. Info at www.flyersbasketball.co.uk

Aye Aye Club – ASN Social Club for young people 15–25 at Bridge of Don Community Centre. From 19:00–21:00 during term time only. There is a waiting list in operation for Aye Aye Club, so register your interest

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur.

Relaxed Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

Tuesday 20 January

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise and improvement advice / instruction. Hoist and disabled facilities at the venue. All ages welcome. Please contact prior to attending.

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

HANDSS – ASN Social group targeted at age 5–15. Every Wednesday term time only 6.15–7.30pm, £ 2 a child this also includes a snack. You must be registered to attend, and a waiting list may apply.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 6–8pm. Book via FB page

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Wednesday 21 January

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book on FB page.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615–2045 for all levels from pre-school to junior advanced. Pre-booking essential. Info at www.sportaberdeen.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential. Further information at www.sportaberdeen.co.uk

Geek Retreat – Relaxed session in the morning for £5 pp including free refills. Drop-ins are welcome or pre-book by messaging their Facebook page or e: silvercitycomics@gmail.com. Payment on arrival.

Thursday 22 January

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am–12pm. For more information at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

Friday 23 January

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

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all 12–2pm. Book via Facebook page

ASN Teen Club – Calm Cove, 24 Robertson Road, Fraserburgh. Dart boards, pool table, games and more. Preteen – 6–8pm. Book on Facebook page

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Road. Please contact for more info or to book a space. Bookings are made in blocks and advance booking essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Saturday 24 January

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too

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. 1230–1330. Booking essential at www.ticketsource.co.uk/we-too

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–5pm. Book via Facebook page

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchorry School, AB31 5HT. All ages welcome 1400–1500. New starts call Hugh t: 0777 582 6756 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres from 5.15–6.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur.

Sunday 25 January

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Rd 1115–1200. New starts contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

Chrysalis Tennis – Tennis sessions with qualified instructors for children and young people with Down Syndrome. Courts 3&4, Aberdeen Tennis Centre, Westburn Park. Under 12s at 10–11am and teens/adults from 11am–12pm. Booking is essential.

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

Vue Cinema – Autism Friendly Screening on the last Sunday of every month. Details at www.myvue.com

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Relaxed Arcadia – Join the Ninjas at We Too! for some Relaxed Retro Gaming with We Too! Arcadia, 120 Union Street from 12.30–1.30pm. Booking essential at www.ticketsource.co.uk/we-too

Monday 26 January

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. Info at www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via Facebook page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rod. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at other various locations in Aberdeen and Aberdeenshire. Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability). Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided. Info at www.flyersbasketball.co.uk

Aye Aye Club – ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre. From 19:00–21:00 during term time only. There is a waiting list in operation for Aye Aye Club. Please contact to register an interest in joining.

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Trampoline – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

Relaxed Trampoline – Relaxed Session at Skyline Trampoline Park, Inverurie from 5–6pm. Book at www.skylinetrampoline.co.uk

Tuesday 27 January

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise and improvement advice / instruction. Hoist and disabled facilities at the venue. All ages welcome. Contact prior to attending.

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

HANDSS – ASN Social group targeted at age 5–15 years. Every Wednesday term time only 6.15–7.30pm, £2 a child this also includes a snack. You must be registered to attend, and a waiting list may apply.

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 6–8pm. Book via FB page

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Wednesday 28 January

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Rd, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book via FB page

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615–2045 for all levels from pre-school to junior advanced. Pre-booking essential. Info at www.sportaberdeen.co.uk

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

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential. Info at www.sportaberdeen.co.uk

Geek Retreat – Relaxed session in the morning for £5 per person including free refills. Drop-ins are welcome or pre-book by messaging their Facebook page or e: silvercitycomics@gmail.com. Payment on arrival.

Thursday 29 January

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres from 10.30am–12pm. Info at www.sportaberdeen.co.uk or t: 01224 214494. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via Facebook page

Friday 30 January

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

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all 12–2pm. Book via Facebook page

ASN Teen Club – Calm Cove, 24 Robertson Road, Fraserburgh. Dart boards, pool table, games and more. Preteen – 6–8pm. Book via Facebook page

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Road. Bookings are made in blocks and advance booking essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Book on the LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Saturday 31 January

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too

Relaxed Anime Art Academy – (Ages 12+) Come 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. From 1230–1330. Booking essential at www.ticketsource.co.uk/we-too

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–5pm. Book via Facebook page

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchoy School, AB31 5HT. All ages welcome 1400–1500. New starts – call Hugh t: 0777 582 6756 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 5.15–6.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 1 February

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. New starts–contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

Chrysalis Tennis – Tennis sessions with qualified instructors for children and young people with Down Syndrome. Courts 3&4, Aberdeen Tennis Centre, Westburn Park. Under 12s at 10–11am and teens/adults from 11am–12pm. Booking is essential.

Soft Play Sunday – Relaxed time with the whole family in SensationALL's soft play area and sensory room, Westhill. From 1–2pm (under 5s), 2.30–3.30pm (6–10 years). £5 per family, per session.

Cineworld – Autism Friendly Screening on the first Sunday of every month. Details at www.cineworld.co.uk

Monday 2 February

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. Info at www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via Facebook page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rod. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Aberdeenshire. Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced membership fee with disability). Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Wheelchair Basketball – Grampian Flyers, GetActive@Sheddocksley, Springhill Road, Mastrick from 1800–1930 Juniors aged 8–15yrs. Sports wheelchairs provided. Info at www.flyersbasketball.co.uk

Aye Aye Club – ASN Social Club for young people aged 15–25 at Bridge of Don Community Centre. From 19:00–21:00 during term time only. There is a waiting list in operation for Aye Aye. Please register your interest.

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Trampoline – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen Tuesday

3 February

Relaxed Codonas – Join the We Too! Ninjas at Codonas from 4.15pm for our #TakeoverTuesday. Relaxed Bowling and Relaxed Laser Tag, various sessions available and must be booked in advance at www.ticketsource.co.uk/we-too. Relaxed Smugglers Cove 4.15–6pm (just turn up and pay).

FEB

All Contact details on Page 23

FEB

Contact details now on Page 23

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise and improvement advice / instruction. Holist and disabled facilities at the venue. All ages welcome. Please contact prior to attending

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

HANDSS – ASN Social group targeted at age 5–15 years. Every Wednesday term time only 6.15–7.30pm, £2 a child this also includes a snack. You must be registered to attend, and a waiting list may apply.

ASN Farm Day Service – Tuesdays and Thursdays 10–3pm (flexible) Waulkmill Fishery, New Deer AB53 6UP Turriff. Gain work experience with animal care and learn other new skills. Booking essential

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 6–8pm. Book via FB page

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book on LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Wednesday 4 February

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via FB page

ASN Lego & Construction Club – Calm Cove, 24 Robertson Road, Fraserburgh. ASN Lego session 6–8pm based within Sensory Soft Play ideally equipped for children with additional support needs. Book via Facebook page

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 – 2045 for all levels from pre-school to junior advanced. Pre-booking essential. Info at www.sportaberdeen.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced membership fee with disability. Info at AberdeenAAC.co.uk

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road – 6.30–7.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential. Further information at www.sportaberdeen.co.uk

Geek Retreat – Relaxed session in the morning for £5 pp including free refills. Drop-ins are welcome or pre-book by messaging their Facebook page or e: silvercitycomics@gmail.com. Payment on arrival.

Thursday 5 February

ASN Farm Day Service – Tuesdays and Thursdays 10–3pm (flexible) Waulkmill Fishery, New Deer AB53 6UP Turriff. Gain work experience with animal care and learn other new skills. Booking essential

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am–12pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–3pm. Book via FB page

Friday 6 February

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

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all 12–2pm. Book via Facebook page or for more info e: yvonne@calmcovefraserburgh.co.uk

ASN Teen Club – Calm Cove, 24 Robertson Road, Fraserburgh. Dart boards, pool table, games and more. Preteen – 6–8pm. Book via Facebook page or for more info e: yvonne@calmcovefraserburgh.co.uk

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Road. Bookings are made in blocks and advance booking essential.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 2–3pm. Book on LIVE LIFE ABERDEENSHIRE website or app. Booking essential to confirm session is running, no drop-ins.

Saturday 7 February

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too or for more information e: info@wetoo.org.uk

Relaxed Anime Art Academy – (Ages 12+) Come 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. From 1230–1330. Booking essential at www.ticket-source.co.uk/we-too

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open to all ages 1–5pm. Book via FB page

Disability & ASN Football – Hermes Bridge of Don YFC sessions take place indoors at Aberdeen Sports Village. Age 6 –12 from 9.15–10am and S1 – Adult from 10–11am. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Ban-chory School, AB31 5HT. All ages welcome 1400–1500. New starts call Hugh t: 0777 582 6756 as school holiday timetable may vary.

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres from 5.15–6.15pm. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Road every Saturday 5–6pm (small pool only). No booking required. Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 8 February

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Rd 1115–1200. New starts contact Hugh t: 0777 582 6756 as school holiday timetable may vary.

Chrysalis Tennis – Tennis sessions with qualified instructors for children and young people with Down Syndrome. Courts 3&4, Aberdeen Tennis Centre, Westburn Park. Under 12s at 10–11am and teens/adults from 11am–12pm. Booking is essential.

Monday 9 February

Relaxed Ice Skating – Linx Ice Area from 12–1pm. Parents/Carers skate for free. No booking required. Info at www.sportaberdeen.co.uk

Sensory Soft Play – Calm Cove, 24 Robertson Road, Fraserburgh. Sensory Soft Play ideally equipped for children with additional support needs but inclusive to all. Open session 6–8pm. Book via Facebook page

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Aberdeenshire. Info at AberdeenAAC.co.uk



- ✿ Child- Led
- ✿ Lived Experience
- ✿ Neuroaffirming
- ✿ Professional

” Kylo had his first haircut experience with Tara from Diversity Hair Design honestly could not recommend her enough. SEN parents please check her out if the whole hair experience is a struggle, she comes to you and does it in the comfort of your own home. Kylo having her do star jumps just to get his haircut at 10am, she's got the patience of a saint 🙏 ”



07704 650050
taramaryreid@gmail.com



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 t: 0330 223 3333

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: macbi@outlook.com

Portlethen Library t: 01224 472870
Bruntland Road, AB12 4QL

RGU Sport t: 01224 263666
e: sportdevelopmentteam@rgu.ac.uk

Skyline Trampoline Park t: 01467 535013
w: skylinetrampoline.co.uk

Sport Aberdeen w: sportaberdeen.co.uk
Linx Ice Area t: 01224 507762
Tullos 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



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

Abdn'shire 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



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