

wetoo!



BIRTHDAYS WITHOUT THE BURNOUT

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Notes from the Chief...

I'm writing this on the eve of my 50th birthday. Half a century. That feels big. Reflective. Slightly surreal And as I sit here, I'm not really thinking about my own birthday at all. I'm thinking about my boys - One turns 18 this year. The other 21.

Those tiny humans whose birthdays once revolved around themed cakes, carefully chosen candles, and me trying to control absolutely everything so the day wouldn't unravel. The ones whose parties didn't always look like other people's parties. The ones who taught me - sometimes painfully - that birthdays are not about perfection.....

When they were little, I thought the goal was to create magic. Now I know the real goal was to reduce overwhelm. To spot the early signs of anxiety before guests arrived.

To manage the volume in the room. To quietly brief relatives not to insist on eye contact. To intervene before the singing tipped from joyful to unbearable. I remember the years when I held my breath through "Happy Birthday." And I remember wondering if anyone would come. I remember pretending I didn't mind when numbers were small.

I remember the exhaustion afterwards and the emotional hangover no one talks about.

And I also remember the quiet wins.

The cinema trip that worked. The one trusted friend. The decision not to do party bags.

The year I said, "Actually, let's just go away for the day."

This year, their choice is to hire the cinema... There will be six of us... And it will be perfect...

It has taken me until now - until 50 - to truly come to peace with that. To understand, deep in my bones, that smaller is not lesser. That calm is not a compromise. That low expectations are not failure, if fact they are freedom.

For many of our neurodivergent children, birthdays can feel like a perfect storm - noise, unpredictability, social rules, sugar, attention, pressure. Even the build-up can be exhausting. And for some families, the ache isn't about overwhelm - it's about exclusion. The invitation that doesn't come. The party they're not ready for but wish they could manage.

Both experiences are real.....and both can hurt.....

This edition is called **Birthdays Without the Burnout** because if birthdays have ever felt complicated in your home, you are not alone.

You are not failing.....You are adapting.....You are protecting.....

You are doing the brave work of reshaping celebrations so it fits your child instead of forcing your child to fit the celebration.

As I turn 50, what I'm most proud of isn't the parties I threw. It's the ones I've reshaped. The expectations I lowered and the traditions we quietly rewrote.

It's watching my boys grow into young men who know their comfort matters. Who understand they are allowed to say no. Who have learned that joy doesn't have to be loud to be real..... That is the real gift.....

This year, we're launching **"You're Invited"** relaxed, sensory-aware birthday parties designed around the child, not the chaos. No pressure. No forced singing. No social competition. Just belonging. Just safety. Just celebration on their terms.

Because every child deserves a birthday that feels good in their body... And every parent deserves to exhale... So if this year looks smaller... quieter... simpler... That's not a compromise. That's wisdom.

Here's to candles without chaos.

Here's to connection over comparison.

Here's to birthdays that don't cost your peace.....

And from one newly-at-peace almost-50-year-old Mum to you - you're doing better than you think.

With love, *Phionna*



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Doug on the Dosh

HELLO!

IF YOU'RE NEW TO DOUG ON THE DOSH, I'M DOUG – DAD TO TWO BRILLIANT KIDS, ONE WITH ADDITIONAL SUPPORT NEEDS, BOTH WITH VERY EXPENSIVE TASTES FOR PEOPLE WHO DON'T ACTUALLY EARN ANY MONEY.

FUNNY HOW THAT WORKS, ISN'T IT?

I love a bargain, and being a proud tight Aberdonian, i get just as much joy from saving money as most folk get from spending it. If there's a deal, a discount, or a yellow sticker involved, i'm already halfway to the checkout.

But i firmly believe you don't need a big budget to make big memories. Because birthdays should feel exciting... not stressful. However, if you're anything like me, they can sneak up and quietly empty your bank account before you've even lit the candles.

THERE'S THE PRESENTS...

THEN THE CAKE... THEN THE "JUST ONE WEE THING" IN THE SHO...

THEN THE PARTY... THEN THE FOOD...

And suddenly you're wondering how a kid's birthday cost more than your last weekend away. We've learned (sometimes the hard way) that it doesn't need to be like that. With a bit of planning — and a few sneaky tricks — you can still make the day feel really special without spending a fortune.

HERE'S WHAT WORKS FOR US.

Let the freebies come to you

One of the easiest wins is birthday freebies. There are loads out there — restaurants, toy shops, soft plays — but they don't exactly shout about them. Most hide inside apps or loyalty clubs, so you have to sign up early and let the offers trickle in.

Over the years we've picked up free kids' meals, birthday discounts on toys, return passes for soft play, and even little treats like a free doughnut or dessert. Nothing massive on its own — but stack a few together and suddenly the cake or party bags are basically covered.

Locally, Toytown in the trinity centre runs a birthday savings club too, which helps spread the cost across the year rather than getting hit all at once.

One small life hack that helps: set up a separate email just for offers.

Slightly boring. Weirdly effective.

Smaller parties, bigger memories

Here's something i wish someone had told me earlier – kids don't remember how much you spent, they remember who played tig with them, who helped cut the cake and who fell over in soft play. Smaller parties are cheaper, calmer, and honestly more fun.

BIRTHDAY FUN WITHOUT THE BUDGET BLUES

We've done home parties, park meet-ups, soft play sessions — and the kids have loved them all the same.

And don't be shy about asking venues if there's anything included for the birthday child. You'd be amazed what appears when you just ask nicely. A free slush, extra play time, a return visit. It never hurts.

Our slightly daft birthday tradition

This is my favourite bit — and it costs next to nothing. I buy presents throughout the year when i spot bargains. If something's half price, it's coming home and hiding in the cupboard for later. Then on birthday morning, we don't just hand the gifts over, we hide them all around the house. Each one gets a balloon tied to it, and the kids go on a birthday treasure hunt to find everything. The rule is one balloon for every year of their age, it started when they were tiny and it was adorable. Now there are... *a lot more balloons!*

Let's just say blowing up double-digit balloons before coffee should count as cardio, but the excitement lasts ages and feels far more magical than just opening presents on the sofa. *Proof that fun beats expensive. Every time.*

And while we're on traditions, i've stopped bothering with fancy shop-bought cakes too. Most years i make a birthday "cake" out of ice cream instead — shaped into the number of their age and covered in strawberries. It's cheaper, takes five minutes to put together, and let's be honest... everyone prefers ice cream and strawberries anyway. It disappears faster than any sponge cake ever did.

Eating out without eating your budget

If we're going out for a birthday meal, i'm checking the apps first. Always. Birthday clubs often throw in a free kids' main, side or dessert during the birthday month. Sometimes it's as simple as scanning your phone at the till. And those little extras matter too — a free doughnut or sweet treat feels like gold dust to a child.

Midweek is usually cheaper, and sharing meals with younger kids is completely normal, despite what the menu suggests. If somewhere wants your email address, make sure you're getting fed for it. Plan once, thank yourself later

This bit's not glamorous, but it saves us money every year.

Once a year i sit down, list all the birthdays, check which clubs we're signed up to, and set reminders a few weeks before. Five minutes of admin, loads saved across the year.

BUY GIFTS IN THE SALES.

KEEP PARTIES SIMPLE.

ASK WHAT'S FREE.

STACK THE LITTLE WINS.

Being careful with money doesn't mean cutting the fun — it just means cutting the stuff that doesn't really matter.

If the kids are laughing, racing round the house hunting balloons, and going to bed happy and tired, you've nailed it. They won't remember what it cost.

BUT THEY'LL REMEMBER HOW IT FELT.

Doug





Easter Holiday Programme

Looking for some relaxed fun this holidays?

Join the Ninjas at We Too! for...

Relaxed Cinema Screening

- The Super Mario Galaxy Movie

Relaxed Tubing

Relaxed Bowling

Relaxed Easter Crafts & Games

Relaxed Pokemon Academy

Relaxed Drawing Session

Relaxed Lego

Happy Hoppy Easter Party

To book head to www.wetoo.org.uk - spaces are limited

Some activities in partnership with Aberdeen City Council



PARENT TO PARENT

When we think of birthdays it may conjure up images of balloons, cake and lots of laughter, however the Ninjas here at We Too! know that for parent/carers it's not always that simple.

Like so many seemingly fun traditions, birthdays can sometimes be overwhelming for our loved ones – and stressful for you. The planning, the sensory overload, the unpredictability... it can be a lot.

My son hates opening presents in front of people; he doesn't like eye contact or expectation of how he will react. I was worried that family wouldn't understand but now everyone knows to leave his present in his bedroom and he'll open them alone.

We asked you, "What's one thing you wish other people understood about your child and birthdays?"

We have been doing day trips to Glasgow, Dundee or Edinburgh, wherever his favourite places to go & then out for tea to usually McDonalds. He is very hard to buy for & when he opens his gifts doesn't show much if any emotion so we don't know if he likes it!

We celebrate Birthdays at home with family and close friends as that works well for him and us. We don't do birthdays at places for a couple of reasons: places could be so busy, we don't have the minimum number of children to attend/pay and he would likely struggle with such short party time (2h) & having to follow the party structure of play- eat- cake-finish. So far, he enjoys it as it is!

I wish people would understand that my kids hate having the "Happy Birthday" song sung to them. People make a face like my children should just be grateful and join in and appreciate that this person is singing to them!

I wish people understood that my son gets overwhelmed at parties, he is not being rude when he doesn't want to join in games or singing, he is just trying to cope.

My son doesn't want anyone to sing Happy Birthday to him, but I'm so glad our friends and family do understand it is his day and what he prefers, and my son is Happy with everyone just saying...

"Happy Birthday X"
and he blows out his candles.

As a parent with an autistic child I do feel I get judged a lot in public for certain behaviours and this happens a lot at parties. I would just ask other parents to be kind and understand that yes, we struggle at parties, but we still want to be included.

I love when we get a birthday invite as it is not that often. I would like parents to understand that I might need to ask for small adaptations such as arriving 10 mins before the other guests and bringing her own food. I'm not asking it to be difficult, I just really want my child to enjoy herself and it to be a good experience for everyone!

Candles Without

by Jill James

CHAOS

CANDLES WITHOUT CHAOS

I always loved a good birthday party, my Mum would spend so much time going through her cake decorating book with me and choosing what cake to bake, steering me away from the trickier ones! We would plan games and my party outfit so I assumed I would be doing this with my children one day.

It has been a learning curve for me that Birthday Parties for my son are anything but fun and he feels overwhelmed at the very thought. After the difficulty of the first few years, we realised traditional parties don't fit and decided to do it his way and we haven't looked back. Yes, they are very different to my childhood parties, the guest list is very restricted, and he HATES 'Happy Birthday' being sung to him, but they work and more importantly he looks forward to them now.

If your child doesn't want a birthday party of their own — or finds attending someone else's party tricky — you are not alone.

For some children with additional support needs, birthday parties can feel like the perfect storm: noise, unpredictability, social expectations, new environments, sugary food and being the centre of attention. **Even the build-up can be stressful.**

Birthdays don't have to look a certain way to be special. Over the years we have found different things work for our son and giving your child choice and control can make a huge difference.

As he has got older, he has built his confidence and slightly changed his views on Birthdays. A particular one that stands out was his 12th Birthday. We went to cinema for a private screening of 'Inside Out 2' and he actually asked a few friends. Not many, I don't think we even filled one row, but he really enjoyed sharing his special interest (all things movies) with his friends and family. We brought all his favourite snacks (as he won't eat cinema snacks) and he chatted his way through the full 90mins. **WIN!**

My advice is plan what suits your child, birthdays should be a happy time and if they look quite different to traditional expectations that's ok...

A special day out doing something your child loves

A family-only celebration at home

Spreading celebrations across a weekend instead of one busy afternoon

One trusted friend for a short activity

Choosing not to celebrate publicly at all

I'm also very aware that for every child who feels overwhelmed by the thought of a party, there is another child who longs for one or who waits hopefully for an invitation that doesn't always come. That side of birthdays can feel just as emotional. As parents, it can be heartbreaking to see your child wanting something that feels just out of reach. The questions of "Why wasn't I invited?" or "Will anyone come to mine?"

That's why I am absolutely delighted to be working with the other Ninjas to bring you our brand new project, You're Invited. Thanks to the incredible support of Cash for Kids North East Scotland and our long-standing friends at Codona's, We Too! is helping to change the birthday experience for neurodivergent children across our community

You're Invited will create 12 relaxed birthday parties-one each month designed especially for children who would love to try a party, but in a way that feels safe, supported and truly right for them. With private hire, a sensory-aware approach, and no pressure or expectations, these celebrations will also be extra special as they're a Party with the Ninjas!

Each party will be gently shaped around the birthday child - from the pace of the session to whether they want cake, photos, singing... or none of the above. Because belonging matters far more than balloons.

Applications will be quiet, kind and private. This isn't first come, first served, and it's not about who shouts the loudest. It's about creating moments of joy for children who too often miss out.

More details and the application form are coming very soon.



A LITTLE SOMETHING FOR YOU...

THE BEST BIRTHDAY FREEBIES

As a parent or carer, you spend so much of your time making sure everyone else's needs are met that it's easy to forget to treat yourself.

You're rarely ever off duty. You're the one attending endless appointments and meetings, advocating fiercely, filling in forms, chasing referrals and making sure every need is met. Birthdays for your loved one are carefully organised and emotionally invested in, while your own birthday can slip quietly into the background.

This is your chance to make your birthday count — without spending a single penny. There are lots of freebies available just for you to make your special day a little easier, a little sweeter, and a lot more fun.

Food & Drinks

Krispy Kreme

Free doughnut. Join the Krispy Kreme Rewards app; redeem in-store only.

Greggs

Free sweet treat. Sign up to Greggs Rewards app; valid for 1 month.

Subway

Free cookie, crisps, or 6-inch sub. Join Subway Rewards app; reward depends on membership tier.

Chopstix

Free noodle box. Join Chopstix app; valid 1 week after birthday.

Burger King

Free Whopper (plant-based or standard). Join app 7+ days before birthday; valid 14 days; not at motorway/airport locations.

Costa Coffee

Free cake. Join Costa Club app; valid 1 week.

Caffè Nero

Free traybake or cake. Join app; redeem within 2 weeks.

Starbucks

Free drink for Gold members. Join Starbucks Rewards; valid 30 days.

Lidl

Free doughnut. Join Lidl Plus app; valid 1 week.

Hotel Chocolat

£5 voucher. Join VIP.ME; valid 30 days, minimum spend £5.50.

Lindt

Free box of Lindor milk chocolates. Join MyLindt Rewards; min spend £10 in-store, £20 online.

Frankie & Benny's, Cafe Rouge, Harvester, Zizzi

Free main meal (usually with purchase of second main). Vouchers sent via app/newsletter; valid 14–30 days. Perfect for a birthday treat without having to cook.

Pizza Express

Free dessert, pizza, or Prosecco. Join Pizza Express Club; reward depends on tier; valid birthday month.

Cosmos

Free meal for self + 3 paying guests. Book online 24h in advance; valid Sun–Fri.

All Bar One, Miller & Carter, Prezzo

Free Prosecco or desserts. Sign up to app/newsletter; rules vary (often require main meals).

Taco Bell

Free churros or cinnamon twist. Join app; must make 1 purchase prior; valid 2 weeks.

Beauty & Lifestyle

Rituals

Free shower oil with purchase. Sign up to My Rituals; voucher emailed on birthday. A small treat to pamper yourself after a busy week.

Sephora

Free gift/points depending on tier. Join MySephora; valid 1 month.

Space NK

Free goodie bag with online order. Join NDULGE; must have made a purchase in past 12 months.

The Body Shop

£5 voucher. Join Love Your Body Club; must have 1 purchase in last 12 months; valid 1 month.

Kiko Milano

Free product (with purchase). Join KIKO ME; QR code sent via email.

Hobbycraft

£5 voucher. Join Hobbycraft Club; valid 5 weeks.

Pets & Groceries

Pets at Home

Free pet treat. Join VIP Club; voucher sent on pet's birthday. Reward your furry family members too!

Marks & Spencer

Free treat (cookies or grapes). Join Sparks app; not guaranteed for all.

Pro Tip for Parents and Carers

Sign up to these apps or newsletters well ahead of your birthday. Many require a prior purchase or minimum spend, and most rewards are valid for 1–4 weeks around your birthday. Planning ahead lets you enjoy some personal treats—whether it's a free slice of cake, a meal out, a beauty gift, or a small indulgence for yourself—without having to worry about anyone else's needs for a little while.

PARENT SUPPORT & TRAINING

We Too! @ Ninja HQ

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

SensationALL run various support groups at their Westhill & 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

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

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. This 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

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**Contact details
now on Page 23**

Monday 30 March

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45–3.15pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & families/carers.

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 other various locations in Aberdeen & Shire. 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 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

Relaxed Swim Session – Tullis Pool, Girdleness Rd. Both small and main pool from 2.15pm – 3.15pm. Info at www.sportaberdeen.co.uk or t: 01224 507680. Drop-in but spaces restricted. Confirm sessions are available

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

Tuesday 31 March

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am–12pm. Free adapted cycling sessions for all ages & abilities suitable for anyone with a disability & families/carers.

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 Rd, Mintlaw, AB42 5GP. No booking required.

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

What's On

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 contact waulkmill.menagerie@yahoo.com for more info

april

Wednesday 1 April

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30–2.30pm & 3.15–4.15pm. Free adapted cycling sessions for all ages / d abilities suitable for anyone with a disability & their families/carers.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 to 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 m'ship 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 info at www.sportaberdeen.co.uk

Thursday 2 April

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

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45–3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

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

Friday 3 April

Soft Play – ASN soft play session from 5–7pm, £4 per child. MACBI Community Hub Newlands Road, Mintlaw, AB42 5GP.

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, the app. Booking essential, no drop-ins.

Saturday 4 April

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30–12.30, 'Play for a Pound'. Book at www.ticketsource.co.uk/we-too or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30–11.30pm. Book at www.ticketsource.co.uk/we-too or 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 12.30–1.30. Booking essential at www.ticketsource.co.uk/we-too e: info@wetoo.org.uk or 01224 539393

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 Lego – Portlethen Library, Bruntland Road, from 11am–12noon. This is held in a quiet area of the library with both Lego and Duplo. Sensory toys and ear defenders available. Numbers are limited, booking required. Info at www.livelifeberdeenshire.org.uk

Inclusive Football – Football for All at the Hill of Banchoy School, AB31 5HT. All ages welcome 1400–1500. All new starts please call Hugh 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

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 5 April

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 11.15–12.00. New starts contact Hugh as school holiday timetable may vary.

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

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 6 April

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45–3.15pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & families/carers.

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 other various locations in Aberdeen and Shire. 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

Relaxed Swim Session – Tullis 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 Rd from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen

Tuesday 7 April

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am–12pm. Free adapted cycling sessions for all ages /abilities suitable for anyone with a disability & their families/carers.

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 or email pauldumont@sky.com for more information.

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

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

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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 be registered to attend, 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.

Wednesday 8 April

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30-2.30pm & 3.15-4.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

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. 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 m'ship 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. Info at www.sportaberdeen.co.uk

Thursday 9 April

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am-12pm. For more information contact www.sportaberdeen.co.uk or t: 01224 214494. Drop-in but spaces restricted. Confirm sessions are available on live timetable

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45-3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

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

Friday 10 April

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

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. Booking essential to confirm session is running, no drop-ins.

Saturday 11 April

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30-12.30, 'Play for a Pound'. Book 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 12.30-1.30. Booking essential at www.ticketsource.co.uk/we-too Email info@wetoo.org.uk or call 01224 539393 for more details.

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30-11.30pm. Book at www.ticketsource.co.uk/we-too or email: info@wetoo.org.uk

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. For more information contact Tom. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchoory School, AB31 5HT. All ages welcome 1400-1500. All new starts please call Hugh 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

Relaxed Swim Session – Tullos 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 are available on live timetable

Sunday 12 April

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115-1200. All new starts please contact Hugh as school holiday timetable may vary.

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.

Farm Stop – ASN Easter Holiday Farm EGGsperience. 1 hour of farm fun to meet the animals with hands on animal interaction 4.30-5.30pm. Visit www.farmstop.co.uk to book your spaces.

Monday 13 April

Relaxed Ice Skating – Linx Ice Area from 12-1pm. Parents/Carers skate for free. No booking required. Info at www.sportaberdeen.co.uk or t: 01224 507762

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45-3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

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 other various locations in Aberdeen & S hire. 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 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

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

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

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

Tuesday 14 April

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.

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am-12pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

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

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

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 & Thursdays 10-3pm (flexible) Waulkmill Fishery, New Deer AB53 6UP Turriff. Gain work experience with animal care and learn other new skills. Booking essential.

Wednesday 15 April

ASN Stay, Play & Connect Join Sport Aberdeen for fun and inclusive sessions where children and young people with additional support needs can enjoy sport, socialize, and stay active physically active. Heathryburn School – 16:00-17:00.

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30-2.30pm & 3.15-4.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 through to 2045 for all levels, 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 m'ship 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. Further information visit www.sportaberdeen.co.uk

Thursday 16 April

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am-12pm. For more information contact www.sportaberdeen.co.uk or t: 01224 214494. Drop-in but spaces restricted. Confirm sessions are available on live timetable

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45-3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers

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.

Friday 17 April

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

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. Booking essential

Saturday 18 April

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30-12.30, 'Play for a Pound'. Book at www.ticketsource.co.uk/we-too or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30-11.30pm. Book at www.ticketsource.co.uk/we-too or email: info@wetoo.org.uk

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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 Email info@wetoo.org.uk or call 01224 539393 for more details.

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. For more information contact Tom. 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. All new starts call Hugh 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 available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Rd every Sat 5–6pm (small pool only). Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions available on live timetable as changes may occur

Sunday 19 April

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. All new starts contact Hugh as school holiday timetable may vary.

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

Monday 20 April

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45–3.15pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & families/carers.

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road. 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 other various locations in Aberdeen & Shire. 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 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

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

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. Register an interest in joining.

Tuesday 21 April

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 contact.

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am–12pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & their families/carers.

ASN Tubing – ASN/Quiet Tubing Session at Huntly Nordic and Outdoor Centre, Hill of Haugh 11am–12pm. Book on the LIVE LIFE ABERDEENSHIRE website, the app or call 01466 794428. Booking essential to confirm session is running, no drop-ins.

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.

Wednesday 22 April

Relaxed Soft Play – Loopty Lou's, Station Avenue, Boddam from 1630–1730. Book spaces at www.loop-tylous.co.uk or call 01779 476621

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30–2.30pm & 3.15–4.15pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & families/carers.

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

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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 visit www.sportaberdeen.co.uk

Thursday 23 April

ASN Stay, Play & Connect Join Sport Aberdeen for fun and inclusive sessions where children and young people with additional support needs can enjoy sport, socialize, and stay active physically active. Greyhope School – 16:30–17:30. Book your space on Eventbrite

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

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45–3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

Friday 24 April

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

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, Booking essential to confirm session is running, no drop-ins.

Saturday 25 April

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30–12.30, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30–11.30pm. Book your spaces at www.ticketsource.co.uk/we-too or email: info@wetoo.org.uk

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Inclusive Football – Football for All at the Hill of Ban-chory School, AB31 5HT. All ages welcome 1400–1500. New starts please call Hugh 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 or t: 01224 214494. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Relaxed Swim Session – Tullos Pool, Girdleness Rd 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 26 April

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 for more information e: info@wetoo.org.uk

Athletics for ALL – Mixed athletics, including frame running, to suit all abilities. Aberdeen Sports Village, Linksfield Road 1115–1200. All new starts please contact Hugh t: 0777 582 6756 or e: president.bsac@gmail.com as school holiday timetable may vary.

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.

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

Monday 27 April

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45–3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & families/carers.

Relaxed Trampolining – Relaxed Session at Skyline Trampoline Park, Inverurie from 5–6pm. Visit www.skylinetrampoline.co.uk to book

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 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

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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

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

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. Find out more or register an interest in joining

Tuesday 28 April

Waulkmill Menagerie – Quiet OAP & ASN morning from 10am-12pm, £3 per person. Enjoy a quiet wander around the farm, cuppa and browse their charity shop. Waulkmill Fishery, New Deer AB53 6UP Turriff.

ASN Stay, Play & Connect Join Sport Aberdeen for fun and inclusive sessions where children and young people with additional support needs can enjoy sport, socialize, and stay active physically active. Brimmond School – 16:30-17:30. Book your space on Eventbrite

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am-12pm. Free adapted cycling sessions for all age/abilities suitable for anyone with a disability & their families/carers.

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 Rd, Mintlaw, AB42 5GP. No booking required

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

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.

Wednesday 29 April

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30-2.30pm & 3.15-4.15pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & families/carers.

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 to 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 m'ship 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. Info at www.sportaberdeen.co.uk

Thursday 30 April

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 10.30am-12pm. For more information contact www.sportaberdeen.co.uk or t: 01224 214494. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur <https://www.sportaberdeen.co.uk/timetables>

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 contact waulkmill.menagerie@yahoo.com for more info.

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45-3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

Friday 1 May

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

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. Booking essential to confirm session is running, no drop-ins.

Saturday 2 May

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30-12.30, 'Play for a Pound'. Book in advance at www.ticketsource.co.uk/we-too. or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30-11.30pm. Book your spaces at www.ticketsource.co.uk/we-too or email: 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 12.30-1.30. Booking essential at www.ticketsource.co.uk/we-too Email info@wetoo.org.uk or call 01224 539393 for more details.

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. For more information contact. Booking essential, holiday times may vary.

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

Relaxed Lego – Portlethen Library, Bruntland Road, from 11am-12noon. This is held in a quiet area of the library with both Lego and Duplo. Sensory toys and ear defenders available. Numbers are limited, so booking is required. Info at www.livelifeberdeenshire.org.uk

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 3 May

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.

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

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 4 May

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.45-3.15pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & families/carers.

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road. 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 other locations in Aberdeen & Shire. 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

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

Innoflate – Relaxed sessions at Innoflate, Beach Esplanade in partnership with We Too! From 5-6pm. To book visit www.innoflate.co.uk

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

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. Waiting list in operation for Aye Aye Club. To find out more or register an interest in joining please.

Tuesday 5 May

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). For more info e: events@wetoo.org.uk

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 10am-12pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & families/carers.

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All Contact details on Page 23

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Contact details now on Page 23

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

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

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

Wednesday 6 May

Adapted Cycling – Grampian Inclusive Cycle Bothies – Aberdeen Cycle Hub @ Seaton 1.30–2.30pm & 3.15–4.15pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & their families/carers.

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1615 to 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 m'ship 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 info at www.sportaberdeen.co.uk

Thursday 7 May

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

ASN Stay, Play & Connect Join Sport Aberdeen for fun and inclusive sessions where children and young people with additional support needs can enjoy sport, socialize, and stay active physically active. Bridge of Don Academy – 16.30–17.30. Book your space.

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 contact waulkmill.menagerie@yahoo.co.uk for more info.

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45–3.15pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers.

Friday 8 May

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

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. Booking essential to confirm session is running, no drop-ins.

Saturday 9 May

Pokemon Academy – Join Ninja Rogan at Ninja HQ for our Pokemon Academy, open to beginners or those looking to learn more about the game. 10.30–11.30pm. Book your spaces at www.ticketsource.co.uk/we-too or email: info@wetoo.org.uk

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club 11.30–12.30, '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 12.30–1.30. Booking essential at www.ticket-source.co.uk/we-too Email info at info@wetoo.org.uk or call 01224 539393 for more details.

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. For more information contact Tom. Booking essential; holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchory 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 Rd every Saturday 5–6pm (small pool only). Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable

Sunday 10 May

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.

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.

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

ASN Farm Day e: waulkmill.menagerie@yahoo.co.uk

Aye Aye Club e: ayeaye.club.fitlike@gmail.com

Boomerang Play t: 01346 511234

Cineworld w: cineworld.co.uk

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

Flyers Basketball w: flyersbasketball.co.uk

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

Grampian Inclusive Cycle Bothies

Sign up on Eventbrite e: gicb.gds@gmail.com

Loopty Lou's w: looptylous.co.uk t: 01779 476621

MACBI Community Hub t: 01771 624593

e: macbi@outlook.com

Portlethen Library t: 01224 472870

Bruntland Road, AB12 4QL

Relaxed Lego www.livelifeaberdeenshire.org.uk

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

kiltwalk

Email 2026 kiltwalk to:
events@wetoo.org.uk
For sign-up information

ABERDEEN

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Scottish Charity Number: SC040049

FINISH

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HELP & SUPPORT



Carer Support Payment – Scotland (from 6 April 2026)

Carer's Allowance is now Carer Support Payment, delivered by Social Security Scotland

From 6 April 2026, you can earn up to £204 per week (after tax, NI and certain expenses) and still qualify.

How much is it? £83.30 per week. Paid by Social Security Scotland. Replaces Carer's Allowance in Scotland.

If you already receive Carer's Allowance / Carer Support Payment, you don't need to reapply – transfers happen automatically.

You must provide 35+ hours of unpaid care each week. The person you care for must receive a qualifying disability benefit.

Most carers transfer automatically – no reapplication needed.

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

Scottish Carer Supplement

From March 2026, the twice-yearly Carer's Allowance Supplement changes to the Scottish Carer Supplement.

It will be paid regularly across the year instead of two lump sums (worth about £11.70 extra per week overall).

A new Carer Additional Person Payment (from March 2026) is worth up to £520 per year if you care for more than one person.

Universal Credit is not affected – it stays separate.

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





wetoo!

cash for kids

“YOU'RE INVITED”

Relaxed birthday parties where every child belongs

We know that for many neurodivergent children,
birthdays can be hard.

Big crowds. Big noise. Big expectations.

And sometimes... not enough chums to have a party at all.

This year, **“You're Invited”** is a brand new project creating 12 relaxed birthday parties - one every month - for neurodivergent children who would love to try a birthday party, in a way that feels safe, supported and truly them.

Private hire with the amazing Codonas!

Sensory-aware

No pressure, no expectations

And yes... it's also Party with the Ninjas

For more information email info@wetoo.org.uk

