

wetoo!



summer slowdown

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www.wetoo.org.uk



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Notes from the Chief...

Welcome to our Summer 2026 edition of We Too! Magazine.

Summer can be a funny thing when you're raising a neurodivergent child or disabled young person. The world seems to tell us that we should be filling every day with adventures, expensive trips, perfect family photos and memories that belong in a glossy brochure.

Meanwhile, many of us are just trying to make it through the day with everyone fed, regulated and reasonably happy...

At We Too!, we know that some of the best summer memories aren't the big ones. They're the unexpected moments. The late-night walks. The garden paddling pool. The trip that nearly got cancelled but somehow worked out. The movie watched for the seventeenth time because it feels safe. The picnic that ended up being eaten in the car because the weather had other ideas. Real life isn't picture-perfect and neither are we....

On a personal note, this summer feels a little different in our house. I am still struggling to acknowledge that when the holidays end, both of my boys will be heading off to college. Somehow, despite feeling about 27 in my head, this Mum now has college boys! I'm genuinely not sure how that happened!

It feels like only yesterday I was navigating nursery transitions, school meetings, packed lunches, hospital appointments and multi-disciplinary team meetings. Now I'm watching two young men step confidently into the next chapter of their lives. I am incredibly proud of them, but if I'm honest, there's always that fear at the back of my mind – I think I may just have to learn to make space for it and live alongside this. Parenting has a funny way of doing that. Just when you finally figure out one stage, they grow and move the goalposts....

So if you're facing a transition this summer too- whether that's starting school, moving classes, changing routines or taking those first steps towards adulthood - please know you're not the only one feeling all the feelings.

This edition is packed with ideas, support, practical advice and inspiration to help you navigate the summer holidays in a way that works for your family. **Not somebody else's family. Yours.**

You'll find brilliant money-saving tips from our very own Doug on the Dosh, practical holiday planning advice from Linda-Jo, honest reflections from parents walking the same path and, of course, our ever-popular What's On guide packed with opportunities across Aberdeen and Aberdeenshire.

Behind the scenes, Team Ninja continues to work hard to create opportunities where children, young people and families can simply be themselves. Whether that's through our relaxed sessions, peer support, training, drop-ins or community events, our goal remains exactly the same as it was when we started:

To make sure no family ever feels they are doing this alone.

As we head into the holidays, please remember-

Take a breath. Lower the expectations. Buy the ice cream. Wear the comfy clothes. Cancel the plans if you need to. Make room for joy where you find it.

And remember, Team Ninja is only ever a phone call, email or cuppa away.

Have a wonderful summer, however that looks for your family.

With love, *Phionna*
Chief Ninja, Parent, Coffee Drinker, Chaos Wrangler, Finder of Mischief



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Doug on the Dosh

Making Summer Feel **BIG** Without **SPENDING BIG**

HELLO!

I am dad to two children, one with additional support needs and a little bit of a tight Aberdonian too! I know summer holidays can sometimes feel like a mix of pressure, planning and trying to keep everyone happy without spending a small fortune.

Over the years, I've learned that a good summer doesn't need flights, expensive hotels or packed schedules. Sometimes it's simply about finding places where everyone feels comfortable, regulated, and able to enjoy themselves.



We absolutely love exploring castles around the northeast of Scotland and many castles are free or low-cost to visit from the outside and offer discounts for carers. Add in a picnic bench, a flask of coffee and pretending we are extras in our own episode of *Horrible Histories* – *best days!*

We also try to make the most of free and low-cost places around the northeast. Beaches, parks, museums, harbours, and woodland walks can all make brilliant family days out without huge spending. Many museums and galleries are free and can be surprisingly ASN-friendly during quieter times of the day.

forestryandland.gov.scot/visit

hiddenscotland.com/journal/10-child-friendly-walks-in-aberdeenshire

www.aberdeenshire.gov.uk/leisure-sport-and-culture/archaeology/sites-to-visit/stone-circles/

It's always worth checking websites before visiting attractions too. Many places offer carers tickets, both National Trust Scotland and Historic Scotland allow two carers in for free

www.nts.org.uk www.historicenvironment.scot

We love a good movie and going to the cinema with our own snack packs is a great treat. With a CEA cinema card carers ticket is free – **Apply at www.ceacard.co.uk**

We Too! run a Relaxed Holiday Programme and their sessions can also be brilliant low-pressure options. Keep an eye on social media or visit www.wetoo.org.uk for up to date information.

More Tips...

Keeping costs down during summer often comes from small decisions

Packing food before leaving home is my biggest money saver. Buying lunch, drinks and snacks while out can quickly turn a cheap day out into an expensive one.

We never leave home without what we call the *"Dad's Go Bag."* Ours usually contains drinks, spare chargers, power bank, sun cream, plasters and a few emergency packets of crisps and safe foods as a backup. It saves money, prevents panic-buying, and has rescued more days out than I can count.

When we do eat out, it's always worth checking online for *"kids eat free"* or reduced-price summer meal deals. Lots of restaurants and cafés run offers during the holidays, and the savings can really add up over several weeks.

You'd be surprised how many places offer carers tickets, family deals, loyalty discounts, or reduced prices that are not always clearly advertised. The worst they can say is no, but often just asking can save you quite a bit over the summer holidays.

I have used Child Disability Payment paperwork in the past as proof as being a carer, but the Access Card is the most useful option its £15 for three years www.accesscard.online

These free carers discount sites are perfect for finding savings on days out, shopping, food, and family treats over the summer.

carers.org/grants-and-discounts/carersmart-discount-club

discountsforcarers.com

Try using free travel if you can, all children and young people 5-21 years old can access free bus travel with a Young Scot or National Entitlement Card and you can apply for a companion pass "Plus One" www.transport.gov.scot and discounts can be found here <https://young.scot/the-young-scot-card/>

One thing I've become much better at over the years is letting go of the idea that summer must look "perfect" and a happy summer doesn't need to cost a fortune.

Doug



Take Control of the Holidays – Less Stress More Sunshine

by Linda-Jo Archibald

Get summer-ready—and no, we don't mean chasing that ever-elusive beach body. Here, Linda-Jo shares some of the organisational techniques that help her manage the holidays and reduce some of the stress that summer can bring. Planning ahead can be difficult, as some days depend on the flow of the household and what feels manageable, but it always helps to start one step ahead.



Writing this article has made me realise that summer holidays are just around the corner and I had not quite accepted that or gotten round to preparing for them mentally. I've written before about what works for us during summer holidays.

Bullet point version is...

- Pre-holiday deep clean house (and post but let's worry about that later)
- Book some mum self-care the week before the holidays start and for the week after they end.
- Stock up on bubbles, pavement chalk, balls, baking kits, planting and growing kits and small lego kits, colouring books, new pens and the like. So, you always have something to produce to fill in an hour. Keep these separate and not for general use. Oh, and SNACKS I go big on bulk buying a huge variety of snacks, crisps, biscuits, yogurts, fruit, popcorn, ice lollies, fruit shoots and drinks with sports cap (I only buy these during the holidays, and I refill them when I can)
- Quick meals too, bring on the pizza, nuggets and hot dogs there are so often times in the holidays when those kids just need fed, now. ALSO – did you know if you use a flask or even a travel mug you can make hotdogs portable, heat at home then pop in a flask with hot water seal and go. Just bring your buns and sauce and you have the perfect cheap answer to a lunch or substantial snack on the go for park, beach or exploring days.
- Wardrobe check – does everyone have wellies, swimmers and wetsuit that fits? Do you have enough day-to-day clothes? My kids live in school uniforms and often need a few new outfits for the holidays.
- The car. Give it a clear out before school breaks up, a Hoover and a wipe down. I put shopping bags in, nappies and wipes, hand gel, sun cream, some snacks that won't melt, sunglasses, rain jackets and wellies a couple of towels, a ball, bubbles, the picnic rug a carrier bag is handy and potentially a change



of clothes or at least socks just in case. That's you covered for picnics, park days, beach visits and all sorts of other potential scenarios.

- My aim is always to get out once a day, it gives you a reason to get up and dressed and a bit of loose structure.

Now for the real prep, I'm going to walk you through how I build our holiday calendar...

You could make this very aesthetic and buy something suitable I'm sure, but I grab a piece of A4 paper, fold it to create 4 rows and 6 columns and date each square, the 6th column being diagonally split to cover Saturday and Sunday. This creates my visual calendar I use a different colour pen for each kid to be sure they all get a share of joy and fun.

Now to fill up those boxes. Here's my step by step thought process...

Mark in respite dates, carer bookings and any clubs planned for each child in their colour.

Enter Holidays booked.

Add in any work commitments and appointments.

Don't forget to consider logistics of getting people to the places they need to be and times – make sure everything fits Mums have superpowers but teleportation isn't one of them. ***Do you need to sort lifts out for anyone?***

I ask each child to make a list of any people they want to meet up with, friends they want to sleep over and any activities they want to do or places they want to go. ***I also make a list up of places I fancy going with them.***

Have a look to see if local charities that support you have any activities on, ***check the We Too! 'What's on Guide', your council website and facebook events in your area.***



Plan trips around your appointments, so if Allissa has a hospital appointment, we will arrange an Aberdeen activity that day to save us the extra journey.

This summer more than ever we need to reduce fuel costs and unnecessary travel. Its even worth looking at the cost of public transport it could help fill your day and a bus or train journey is something unusual for lots of kids with ASN and offers a different view of the world and your attention when not driving if that's how you mostly travel.

I book in meet ups with friends, sleepovers and play dates. I try to not always make it a spending activity but maybe sometimes meet up for a walk or at houses, parks or gardens. As you may remember we are a big fan of the picnic and packed lunch here.

*Even if we have friends over I quite often invite them to bring packed lunches and we do the same as it saves any worry over safe foods, preferred foods etc...*its creates a relaxed casual atmosphere for everyone especially those who may struggle socially or with foods it brings a feeling of safety to them which I always see as beneficial. My kids love having a packed lunch even if we are staying at home, they like to pack their own box the night before or that morning so it's ready for them later.

Don't forget your traditions – any events you do year in year out like a trip to the fairy woods at Federate for us with friends and a trampoline park day.

Once I have arranged as much as I can I note down any days where we have a space and make sure to arrange a visit or plan an activity to cover that day.

I don't pack too much in I try to make sure our days aren't too full, but we do need something to do each day even if that's a food shop that the kids come along and help with the self-scanner.

Any plans for adult socialising if you can – you may also have a colour and get yourself on the calendar if that's do'able for you!

Don't let the holidays happen to you, hit them head on.



PARENT TO PARENT

Summer holidays can feel like a real mix of emotions in our house – on one hand, I love stepping away from the pressure of strict morning routines, school uniforms, packed lunches (*mine would NEVER eat a school meal!!*) and often supporting an overwhelmed child after a long school day.

But at the same time, the holidays can highlight just how different our family life looks compared to others. No holiday clubs, no big trips abroad and often a lot of time spent at home because that's what works best for us.

Here you tell us how you feel about the summer holidays:

Holidays are filled with more fear & anxiety than excitement due to a big change in activities & routine. We have a visual timetable of each week so we can see what is planned every day as boredom hits quick!

Doing it all on my own can be a lot at times. Some days feel incredibly long especially when everyone needs something different from me at once. But there are also so many moments that make me smile and think, *“Actually, today was a good day.”*

The preparation for a day out can honestly be more exhausting than the outing itself – packing safe foods, sensory items, spare clothes and trying to think ahead for every scenario.

People assume staying home is limiting, but for us home is our safe place. No meltdowns, no masking, just everyone feeling comfortable..

Holiday photos on social media can make you feel like you're doing summer “wrong”, but calm and regulated children matter more than picture-perfect days out.

I've learned not to overfill the holidays. Too many activities too close together almost always ends in burnout for everyone.

The school summer holidays can feel like a complete mix of chaos, fun, exhaustion and lovely little moments all rolled into one.

As the holidays go on the lack of routine can become harder for my son. By the end of summer he really misses the routine of school. Naturally, when he starts feeling overwhelmed, I feel it too.

I have 2 AuDHD children also both self-restricted dietary intake (ARFID). The food bill is ridiculous as being in the house more the teenager eats constantly and only brand names.

I spend so much time researching places before we go anywhere – checking noise levels, parking, toilets, quiet spaces and escape routes just in case.

Flights are completely off the cards for us at the moment, so we focus on enjoying days out closer to home instead. The different age groups in our family can make keeping everyone happy hard!

PARENT SUPPORT & TRAINING

We Too! @ Ninja HQ

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

Open Throughout Summer Holidays

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, Ellon and Stonehaven for our peer support group for families with children with additional support needs. The Ninjas can provide advice and information while children enjoy fun and creative sessions. Siblings are also welcome to attend.

Term Time Only

SensationALL

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

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

They also provide inclusive, therapy-based services and social opportunities to ALL ages, ALL conditions and ALL members of the family. For more information or to join waiting lists 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

Additional Support Needs Parents Group Danestone Community Centre

Group meets last Tuesday of every month (not running in July) from 7–8.30pm. Register your interest by emailing danestonecentre2@btinternet.com

GO – Grampian Opportunities

Meetings throughout the Summer Holidays

Weekly Unpaid Carers Support Group in person meeting every Monday 10–11am at Grampian Opportunities, 54 West High Street, Inverurie. Drop-ins welcome.

As a number of support Groups do not operate over the summer holidays please scan this QR for online Support/Information Groups.



What's On

Saturday 4 July

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 E: info@wetoo.org.uk / t: 01224 539393

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 – Tullis Pool, Girdleness Road 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 as changes may occur.

Sunday 5 July

Relaxed Gymnastics – Join We Too! At ETKO Sports Academy, Oldmeldrum for an EXCLUSIVE unstructured gymnastics session 1-2pm, £15 per child. Booking essential www.ticketsource.co.uk/we-too. E: info@wetoo.org.uk / t: 01224 539393

Cineworld – Autism Friendly Screening on the 1st Sunday every month. Details at www.cineworld.co.uk

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.

Monday 6 July

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 locations in Aberdeen and Shire. Info at AberdeenAAC.co.uk.

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd 4.30-5.30pm. For club members 9+ (reduced m'ship 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.

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

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 Road from 1800-1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen.

Tuesday 7 July

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – 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.

Wednesday 8 July

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

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.

Frame Running – 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

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730-1830. Pre-booking essential and to confirm construction work complete. Info at www.sportaberdeen.co.uk

Thursday 9 July

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 as changes may occur.

Friday 10 July

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 & Outdoor Centre, Hill of Haugh 2-3pm. Book on LIVE LIFE ABERDEENSHIRE website. Booking essential to confirm session is running, no drop-ins.

Saturday 11 July

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. 1230-1330. Booking essential at www.ticketsource.co.uk/we-too E: info@wetoo.org.uk or call 01224 539393.

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. 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

Relaxed Swim Session – Tullis 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 12 July

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.

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.

Monday 13 July

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

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

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd from 4.30-5.30pm. For club members 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 – Tullis Pool, Girdleness Rd. 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 as changes may occur

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

Tuesday 14 July

ASN Softplay/Bouncy Castle/Cars – Danestone Community Centre, Fairview St, AB22 8ZP from 11.30am-1pm. For children with neurodivergent conditions/additional support needs, 0-12yrs, £3 each. Book e: danestonecentre2@btinternet.com

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – Aberdeen Cycle Hub @ Seaton 10am-12pm. Free adapted cycling sessions for all ages/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

Wednesday 15 July

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

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.

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730-1830. Pre-booking essential and to confirm construction work complete. Info at www.sportaberdeen.co.uk



Thursday 16 July

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cresc 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

Friday 17 July

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 & Outdoor Centre, Hill of Haugh 2-3pm. Book on LIVE LIFE ABERDEENSHIRE website. Booking essential to confirm session is running, no drop-ins.

Saturday 18 July

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

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

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 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 19 July

Relaxed Gymnastics – Join We Too! At ETKO Sports Academy, Oldmeldrum for an EXCLUSIVE unstructured gymnastics session from 1-2pm, £15 per child. Booking essential www.ticketsource.co.uk/we-too. E: info@wetoo.org.uk / call 01224 539393 for further information.

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.

Monday 20 July

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 locations in Aberdeen & Shire. Info at AberdeenAAC.co.uk

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

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

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 Rd. 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 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 or t: 0330 223 3333

Tuesday 21 July

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – 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

Wednesday 22 July

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

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 suitable for anyone with a disability & their families/carers.

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730-1830. Pre-booking essential and to

confirm construction work complete. Info at www.sportaberdeen.co.uk.

Thursday 23 July

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

Friday 24 July

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

Saturday 25 July

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.

Inclusive Football – Football for All at the Hill of Banchory School, AB31 5HT. All ages welcome 14-1500. New starts call Hugh t: 0777 582 675 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). Info at www.sportaberdeen.co.uk. Drop-in but spaces restricted. Confirm sessions are available on live timetable as changes may occur

Sunday 26 July

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

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.

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.

Monday 27 July

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 locations in Aberdeen and Aberdeenshire. Info at AberdeenAAC.co.uk

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

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

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

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 Skyline Trampoline Park, Inverurie from 5-6pm. Visit www.skylinetrampoline.co.uk to book or call 01467 535013. Please confirm sessions are running during school holidays

Relaxed Trampoline – Relaxed session at Airhop, Craigshaw Road 1800-1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen or t: 0330 223 3333

Tuesday 28 July

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

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – 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.

Wednesday 29 July

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

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

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential and to confirm construction work complete. Further information at www.sportaberdeen.co.uk

Thursday 30 July

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

Friday 31 July

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 & Outdoor Centre, Hill of Haugh 2–3pm. Book on LIVE LIFE ABERDEENSHIRE website. Booking essential to confirm session is running, no drop-ins.



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Saturday 1 August

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

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

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 or 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 – Tullis Pool, Girdleness Road 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 as changes may occur

Sunday 2 August

Cineworld – Autism Friendly Screening on 1st Sunday of every month. Details at www.cineworld.co.uk

Athletics for ALL – Mixed athletics, inc 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.

Monday 3 August

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen and Shire. Info at www.sportaberdeen.co.uk.

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

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

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

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 Trampolining – Relaxed session at Airhop, Craigshaw Road from 1800–1900. Book at www.airhop.co.uk/adventure-trampoline-park-aberdeen or t: 0330 223 3333

Tuesday 4 August

ASN Softplay/Bouncy Castle/Cars – Danestone Community Centre, Fairview Street, AB22 8ZP from 1.30pm–3pm. For children with neurodivergent conditions or additional support needs ages 0–12yrs, £3 per ticket. To book email danestone-centre2@btinternet.com

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – 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

Wednesday 5 August

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.

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.

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential and to confirm construction work complete. Further information visit www.sportaberdeen.co.uk

Thursday 6 August

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

Friday 7 August

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 for more information.

Saturday 8 August

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

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 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 – Tullis 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 9 August

Adaptive Cycling – Grampian Inclusive cycling Bothy Session @ Banff Bothy, Devron Community & Sports Centre athletic track 1345–1545. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & families/carers.

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.

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.

Monday 10 August

Athletics – Monday – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Road. For club members 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

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

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

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

Tuesday 11 August

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

Adapted Cycling – Grampian Inclusive Cycle Bothies & Grampian Disability Sport – 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

Wednesday 12 August

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

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.

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

Relaxed Tubing – Aberdeen Snowsports Centre, Garthdee 1730–1830. Pre-booking essential and to confirm construction work complete. Info at www.sportaberdeen.co.uk

Thursday 13 August

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 as changes may occur

Friday 14 August

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 2–3pm. Book on the LIVE LIFE ABERDEENSHIRE website, the app or call 01466 794428. Booking essential to confirm session is running, no drop-ins.

Saturday 15 August

Relaxed Anime Art Academy – (Ages 12+) Come join the Ninjas at We Tool 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.

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 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 – Tullis 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 16 August

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.

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.com	Boomerang Play t: 01346 511234
Aye Aye Club	e: ayeaye.club.fitlike@gmail.com	Cineworld w: cineworld.co.uk
Flyers Basketball	w: flyersbasketball.co.uk	HANDSS e: handssgroup@gmail.com
Codonas	e: info@wetoo.org.uk / events@wetoo.org.uk	
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	t: 01466 794428	w: lifelifeaberdeenshire.org.uk
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.lifelifeaberdeenshire.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	Tullis Pool t: 01224 507680
Northfield Swimming Pool	t: 01224 214494	Aberdeen Snowsports Centre t: 01224 810215
Vue Cinema	w: myvue.com	
Waulkmill Menagerie	Waulkmill Fishery, New Deer AB53 6UP Turriff	
We Too!	t: 01224 539393	w: ticketsource.co.uk/we-too

Summer Holidays and the Impossible Balancing Act

by Jill James

The summer holidays can feel complicated when you are parenting children with completely different needs.

I have two boys, and their idea of the “perfect” summer could not be more different. One loves meeting friends, sports, days out, sunshine holidays and generally keeping himself busy and seeing a full planner on the wall!

My autistic son is the opposite.

His perfect summer is made up of quiet ‘home days,’ as he calls them – days at home in pyjamas, watching movies, low demand and very very chilled out. The idea of airports, crowded attractions, or even a full day out can feel overwhelming for him. Whenever you ask him what he would like to do that day the answer is always the same ‘home day’.

As a parent, it often feels impossible to meet both of their needs at the same time. It feels like whatever you do you won't win. It will be a battle to get one son to leave the house, countdowns, delaying tactics and refusal. It can take most of the morning just psyching yourself up to start the battle then another few hours to win it....if you do win that is! *The whole time son #2 is getting more upset that he isn't going to make the activity he wanted to do.*



Summer holidays magnify this and I always carry a huge amount of guilt that I am just not getting it right. No matter what I plan, someone always seemed unhappy. I would look at other families and wonder why it seemed so easy for everyone else. Why does their summer look effortless whilst I was trying to manage sensory overwhelm, changing plans, compromises, and the constant feeling that I was somehow failing both children.

Throw trying to juggle work into the mix and you end up feeling stretched in every direction. Not to try and put a dampener on the summer but for years I always felt very anxious at the start and completely burnt out at the end.

continued on next page

Summer Holidays and the Impossible Balancing Act

by Jill James



There is also even less opportunity to get time... to yourself and focus on your own self-care that you end up drinking from an empty cup most days!

I had built this idea in my head that successful holidays meant everyone doing everything together all the time as a family. The reality is that our family simply does not work that way.

Things became easier when we started building a summer that worked for us. That has meant accepting compromise. Sometimes one parent takes one child out for the day while the other stays home. Sometimes we choose quieter outings that feel manageable for everyone. Sometimes we split the day into different parts so both children get something they enjoy.

As the boys have grown older, they have also started understanding each other more. There is more patience now, more compromise, and more awareness that everyone has different ideas of fun.



We try to rotate days where if we do something out and about then the following day we stay at home. It allows my home body to regulate and stops my social butterfly feeling deprived.

Of course, there are also some middle ground activities that they both enjoy like swimming (*at quiet times of course!*).



My advice would be to try and not get overwhelmed, there will be very tough days and there will be great days sometimes you just have to buckle in for the roller coaster.

Try and grab moments to yourself and never feel like you're failing. Sometimes just keeping your loved one safe for the day is enough and tomorrow will be a better day.

Have that glass of wine and know that you're doing your best.

Things Only Neurodivergent Families Will Understand

A completely unscientific guide from Team Ninja

Leaving the house at 10am actually starts at 7.30am.

You've packed enough snacks for a three-week expedition, despite only going to Tesco.

You know exactly where every accessible toilet is within a 20-mile radius.

The thing your child desperately wanted all week suddenly becomes completely unacceptable the moment you arrive.

You own approximately 437 water bottles but can never find one when you need it.

You can identify the difference between an overwhelmed noise, an annoyed noise, a hungry noise and a "my sock feels weird" noise from three rooms away.

You've spent £50 on a sensory toy only for the packaging to become the favourite part.

A "quick trip" requires military-level planning, risk assessments and at least two contingency plans.

Your car contains enough emergency supplies to survive a minor apocalypse.

You've cancelled plans because a favourite spoon was in the dishwasher.

You've attended an event for exactly seven minutes and considered it a massive success.

You know that "I'm fine" can mean approximately 27 different things.

Ear defenders, fidget toys and emergency snacks appear in every handbag, coat pocket and glove compartment.

You've celebrated things other families wouldn't even notice...

trying a new food entering a building waiting in a queue
making a phone call wearing a different pair of shoes

Because those things are a big deal.

You've become an accidental expert in...

trains dinosaurs Minecraft anime sharks
washing machines random historical events

whatever the current specialist subject happens to be this week

You can spot the nearest exit within seconds of entering any building.

You know that leaving early is still attending.

You've apologised for your child when they didn't need an apology.

You've felt judged by strangers who had absolutely no idea what was happening.

You've cried in a supermarket... You've laughed in a supermarket.

Sometimes you've done both on the same trip.

But perhaps the biggest one...

You know your child works twice as hard for things other people take for granted.

And when they achieve something they've struggled with, no matter how small it might look to someone else, you celebrate it like they've just won an Olympic gold medal.

Because in your family, they probably have.

Team Ninja reminder: *If you found yourself nodding along to this list, you're definitely not alone. There are thousands of families just like yours navigating life one snack, one sensory break and one tiny victory at a time. Come join with us at our We Too! And You Groups to find your tribe to celebrate all the wins and help navigate all the challenges – we would love to see you there (and we always have cake!)*

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 which started in May creating 12 relaxed birthday parties - one every month for neuro divergent 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

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? £86.45 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

***Scottish Carer Supplement is now added to Carer Support Payment and is £11.70 per week.**

Carers Additional Person Payment (20 hours of care or more per week)

-£10.40 per week (for each extra person you care for)

These are all added together as one Payment.

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

The Scottish Welfare Fund www.gov.uk/carers-credit If you have an unexpected financial need, the government has provided help for families and people in Scotland through these types of grant; Crisis 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 £48.15 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 £28.20 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 2026-2027 is £265.50

Families in receipt of the highest rate care of Child Disability Payment (formerly Disability Living Allowance) on at least one day of the qualifying week, dates for 2026 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 £405.10 for young carers in Scotland. To be able to get Young Carer Grant, you must be 16, 17, 18 or 19 years old and caring for an average of 16 hours a week. You need to fill in a new form every year or call each year you want to apply. You need to wait one full year between applications. If you apply before this, your application will be rejected and you'll need to reapply.

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

NO! Disabled Persons Railcard

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.

If your young person is over 18 you might be eligible for a carers discount on your Council Tax.

See your local authority website for more information.

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

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

Employment & Support Allowance

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

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

Access To Leisure Scheme

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

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

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

www.aberdeensportsvillage.com

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

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

NO! Warm Home Discount Scheme

You could claim up to £150 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

phone number depends on location, refer to

e: social-work@aberdeenshire.gov.uk

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 & Best Start Food Best Start Grants are payments that help towards the costs of being pregnant or looking after a child. There are 3 Best Start Grant payments depending on the age of your child. You can apply for them all on the same form. You need to be in receipt of certain benefits or payments.

Information can be found here: 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/



Cinema Card

NO! 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

Time To Live (Creative Breaks) Shire

Shared Care Scotland to support carers to take short breaks or do/buy something that will help them recharge.

Ran annually – apply through local carer centres like VSA and Quarriers.

www.vsa.org.uk/ttl

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

DREAM NIGHT



wetoo!

Sunday 19th July 6:30pm – 8:00pm

Dream Night is back,

and nothing says summer holidays like a Dream Night at Codonas...

Join us for an exclusive relaxed session, as part of the award-winning Dream Night series, in their outdoor amusement park.

Tickets available at www.wetoo.org.uk

£15
per ticket



NO MUSIC
REDUCED NUMBERS
MINIMAL WAIT TIMES

Tickets are extremely limited due to the nature of Relaxed Sessions. As this is also a fundraising event for We Too!, we kindly ask that everyone entering the park purchases a ticket, regardless of whether they plan to go on the rides.

Let's make it another night to remember!