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TRUSTEE TAKEOVER
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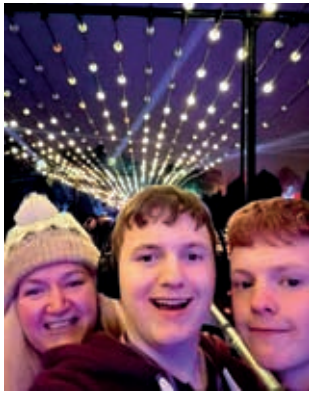
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Notes from the Chief...

We Too! is officially in double digits.....Ten. Years. Old!!!

Somewhere between producing the very first magazine, answering messages from families, running relaxed sessions, drinking industrial quantities of coffee and creating more Ninja mischief than is probably sensible… We Too! grew up. (kinda!)

When We Too! began, the idea was pretty simple. Families needed information to be easier to find, I had already found out as much as I could for Declan's summer holidays – however the right and ethical thing to do was share it with the community so they didn't have to do the same thing. I wanted other parent/carers to get a nice glossy magazine at the start of their journey and know, most of all, they weren't doing any of this alone.



That part has never changed.

What has changed is just about everything else!

Over the last ten years, We Too! has grown from a magazine into so much more. We've developed relaxed and inclusive sessions, parent/carer support, training, outreach, major community partnerships, events, our Junior Board and, of course, a brilliant team of Ninjas who somehow manage to take my regular "I've had an idea…" moments and turn them into something useful.

And now, as we celebrate our double-digit birthday, we are opening the door to the next chapter.

We Too! has a new home.....Our move to 170–172 Union Street means that, for the first time, we can bring our team, services and resources together under one roof and I am genuinely excited about this next stage.

No more team spread between different offices, storage spaces and borrowed corners. We now have one central Ninja HQ where families can drop in, have a cuppa, ask questions, access support and signposting, join sessions and workshops, and help us shape what comes next. Because the building itself isn't really the exciting bit.The exciting bit is what we can do with it.

We want our new home to become a genuine one-stop shop for support, accessibility, information, connection and opportunity. A place where families feel welcome, young people have a voice, and ideas can grow. That matters because We Too! has always been customer-led.

The best ideas we've ever had have not come from sitting around a boardroom table guessing what people need. They have come from listening to other families telling us what works, what doesn't work And from children and young people telling us what they want more of, alongside our own lived-in experiences.

So while this edition is absolutely a celebration of our first ten years, it is also about looking forward. Inside these pages you'll find stories that reflect where we've come from, alongside the usual support, information, What's On listings and Ninja nonsense. It's a lovely reminder that We Too! has never really been about buildings, projects or programmes, it's been about customers.

Thank you to every family, volunteer, Ninja, trustee, funder, partner and young person who has supported us, trusted us, challenged us and helped shape We Too! has played a part in getting us here.

Here's to the next ten – there is still plenty of mischief left in us yet!

With love, *Phionna*

Chief Ninja, Parent, Coffee Drinker, Chaos Wrangler & Keeper of the New Ninja Dojo

Doug on the Dosh

Child Disability Grows Up Too!

Our kids turning 16 is a big milestone, and if your young person gets Child Disability Payment (CDP), you might be wondering what happens next.

The good news is that nothing suddenly changes overnight!

If they're already getting CDP, they can normally stay on it until they're 18. You don't need everything sorted before the 16th birthday candles are blown out thankfully.

There's time to ask questions, get advice and work out what's right for your young person. And I'll take any deadline that gives me a bit of breathing space, most things in our house are dealt with somewhere between *"I've got ages"* and *"why didn't I do this three weeks ago?"*

Moving from CDP to ADP

I'll use my son as an example.

As he gets closer to 16, Social Security Scotland should get in touch about his benefit and whether he will be able to manage it himself.

He can apply for Adult Disability Payment (ADP) from age 16 or stay on CDP while he's 16 and 17. That's useful because ADP isn't simply CDP with the word "Adult" stuck on the front. The rules are different, so an ADP award could be lower, the same or higher than the CDP award.

If your young person applies for ADP while still getting CDP, CDP can continue while Social Security Scotland considers the application.

If you're staying on CDP for now, just keep that 18th birthday in mind and give yourself plenty of time to apply. Stick it in the phone calendar. ***Maybe two reminders. Knowing me, make it three!***

What about mobility?

If your young person gets the higher mobility rate of CDP and has a vehicle through the mobility scheme, check what moving to ADP could mean.To continue qualifying through ADP, they'll normally need the enhanced mobility rate.

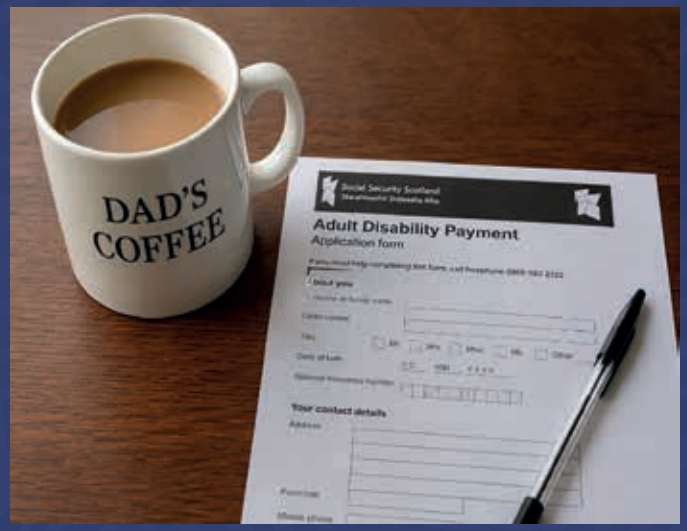
Don't assume one mobility award will automatically follow the other.

For many families, that car isn't a luxury, it's what gets our young people to school, appointments and out into the community. In our house, I'm pretty sure my official job title changed from Dad to unpaid taxi driver years ago anyway!

Appointee or guardianship?

These two words can sound far scarier than they need to.

If your young person can't manage their own Social Security Scotland benefits, someone, often a parent or carer, can potentially become their appointee. You don't automatically become their appointee at 16, though. Social Security Scotland has a process for arranging it. An appointee is mainly about managing their benefits. It doesn't automatically give you authority to make every other decision for them.



Guardianship is different. In Scotland, it's a legal process that can give someone powers to make particular welfare or financial decisions for a person aged 16 or over who doesn't have capacity to make those decisions themselves.

And importantly, not every young person with a disability needs guardianship. If you're unsure, get some advice rather than assuming it's another thing for the never-ending parent-carer paperwork pile!

What happens to my carer benefits?

Your young person moving from a child disability benefit to an adult one doesn't mean your caring role suddenly disappears.Depending on their ADP award and your circumstances, you may still qualify for Carer Support Payment and potentially the carer element of Universal Credit.

After all, they don't turn 16, blow out the candles and suddenly announce, "Cheers Dad, I'll take it from here!"It's worth getting a benefits check so you're looking at the whole household income, not just one payment.

Staying at school & Child Benefit

Turning 16 doesn't automatically mean leaving school or losing Child Benefit.

If your young person stays in qualifying non-advanced education or training, Child Benefit can potentially continue while they're under 20. One important parent job is to tell HMRC they're staying in education. Otherwise, payments can stop.

There's also an important part for ASN families. Normally, there are rules around the number of education hours, but where illness or disability means fewer hours are appropriate, Child Benefit may still be paid. If your young person is on a reduced timetable, don't automatically assume Child Benefit has to stop, check first!

As a proud tight Aberdonian, "money stopped because I forgot to tell them" Is not a sentence I want to hear!

What about Universal Credit?

Some disabled young people may be able to claim Universal Credit in their own right, including in certain circumstances while they're still in education.

But this is one I'd get advice about before pressing send.

A young person's own UC claim can affect benefits you're receiving for them as your dependent, including Child Benefit and amounts within your own Universal Credit. It doesn't mean claiming UC is a bad idea. Just look at what happens to the whole family's income first.

Sometimes money coming in through one door can affect what's coming in another and I don't like money quietly sneaking out anywhere!

Give your benefits a wee MOT!

When your young person approaches 16, it's a perfect time to give the household benefits a wee MOT. *The Turn2us Benefits Calculator is free, we all know free is my favourite price!It* can give many households an idea of what they might be entitled to, although it's only a guide and isn't suitable for working out entitlement for 16- or 17-year-old claimants or students.



Doug's Dosh Tip

The biggest thing I'd take from all of this is: you've got time. The 16th birthday isn't a benefits cliff edge. Have a wee checklist: CDP or ADP?

Who manages the benefit? Are they staying at school? What happens to Child Benefit and your carer benefits? Is mobility affected? Do you need advice about guardianship?

Then get a benefits check before making any big changes.

Take it one step at a time, ask questions and have a cuppa handy. I've found government paperwork isn't made easier by tackling it before the first coffee of the day!

Useful Links

Contact – Benefits & Finance After 16 in Scotland
https://tinyurl.com/b3seym8h

Social Security Scotland – Moving from CDP to ADP
https://tinyurl.com/bdszc3we

Social Security Scotland – Managing Benefits from Age 16
https://tinyurl.com/58tstpct

HMRC – Child Benefit After 16
https://tinyurl.com/56xdknw9

GOV.UK – Universal Credit and Students
https://tinyurl.com/2s45fwb6
https://tinyurl.com/bdfpbv3j
https://tinyurl.com/2pv3ub4d

Social Security Scotland – Carer Support Payment
https://tinyurl.com/mpvz677k

Office of the Public Guardian Scotland – Guardianship
https://tinyurl.com/4f857jcw

Turn2us Benefits Calculator
https://benefits-calculator.turn2us.org.uk/

Save them somewhere handy.

You don't need to become a benefits expert overnight.

One step, one form and one cuppa at a time!

Doug



NINJA HQ HAS MOVED!

Same – Ninjas
New – Space
More Fun!



You can now find us at 170 Union Street, where we'll still be holding our relaxed sessions, providing parent/carer support and signposting, and doing much, much more.

Come and see us - Tuesday – Saturday 10am – 2pm

Pop in, have a chat, find out what we're up to and see how we can help. And while our address has changed, one thing definitely hasn't...

We still make a good cuppa, and the biscuits are always open!

So, whether you're a familiar face
or you've never visited us before,
pop in and say hi!



We'll see you at 170 Union Street.

Our Second Family : Ten Years of We Too!

When your child is struggling and nobody can tell you why, the days get very long.

When our son Xander was making the move from nursery to school, it was incredibly hard. We were sitting in meetings with the school and coming out with more questions than we went in with, and we honestly didn't know what was going on. We just knew our boy wasn't coping and we couldn't work out how to help him. It reached the point where we had to take him out of after-school club, because he simply wasn't managing it. That was terrifying for reasons that went well beyond Xander himself. Francis and I both worked full time, our hours didn't come anywhere close to matching the school day, and we were seriously worried about what it would mean for our jobs and for our ability to pay the bills. That's the part of this that people outside it don't always see. It isn't only your child's world that starts to wobble.

That was when I reached out to Phionna and the (smaller at the time!) We Too! team.

I can't overstate what a difference that first meeting at a We Too session made. Walking into a room where nobody needed the situation explained to them, where nobody was surprised by anything we said, was a relief I hadn't expected. They were supportive from the very first conversation, and not just about Xander. They helped my husband Francis and I get our heads round what we were dealing with, at a point when the two of us were exhausted and frightened. They explained the process. They told us what questions to ask. They sat with us in the difficult bits rather than trying to rush us past them.

That last part matters more than people realise. There is no shortage of advice out there for parents like us, and a lot of it arrives with a deadline attached. We Too never did that. They met us where we were.

With their guidance behind us, we began the long road through assessments, and Xander was assessed for both ADHD and autism. There were bumps along the way, plenty of them. What we came out with was an ADHD diagnosis, and, far more importantly, an understanding of our son that we simply didn't have before. The change in Xander since then still takes my breath away. He went from really struggling at primary school to absolutely smashing it, and he is now thriving at the Academy. He plays tennis after school these days, and he loves it. If you had told me that back in Primary 1, when school itself as well as that after-school club was more than he could cope with, I would not have believed you for a second. He's not a different child. He's the same child, finally in a world that knows how he works.



I started getting more involved because I wanted to give something back. It began with a couple of Kiltwalks and raising a bit of money, and after that I never really looked back. The first one I walked myself, and by the second year a group of work colleagues and family members had joined in too. Between them we raised somewhere in the region of £1,500. Volunteering came next, and then I was asked to join the board, which I was truly honoured to do.

Being a trustee is not always the glamorous end of things. It's discussions and guidance on funding applications, budgets, governance and the unglamorous business of making sure a small charity stays on its feet. I'm enormously proud of what the team has achieved with Spectra in Aberdeen, and of Ninja HQ being there for parents to turn to for guidance. I want to be clear that these are not my achievements. I'm one part of a team, and plenty of other people did the heavy lifting on both. But every board meeting, however dry the agenda, comes back to the same thing: a family somewhere at the start of the road we've already walked, desperate for guidance and understanding. What drives me is simple. I want as many families as possible to get that.

Being a trustee has been one of the most amazing experiences of my life. We no longer use the sessions ourselves, but I can't imagine not supporting We Too. As a family we still spend as much time as we can with the team, because somewhere along the way they stopped being a charity we used and became our second family.

And now here we are at ten years. From that small team I first met to where the organisation is today, and all the families in between. I can hardly believe it.

What a ride...

By Adele Reid, Trustee





PARENT SUPPORT & TRAINING

We Too!

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's 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. They Ninjas can provide advice and information while children enjoy fun and creative sessions. Siblings are also welcome to attend. Email or see our social media for more information.

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.

Additional Support Needs Parents Group

Danestone Community Centre

Group meets last Tuesday of every month from 7-8.30pm. Register your interest by emailing danestonecentre2@btinternet.com

GO – Grampian Opportunities

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 holidays please scan this QR for online Support/Information Groups.

october What's On

contact details on Page 21

Monday 12 October

Mucky Boots -Wild Skills Sessions, Cleanhill Wood Maryculter, 10:00am – 12:00pm. For 11–15yrs (S1 –S4) who are home educated/flexi-schooling. Spend time outside foraging, natural craft, fire starting, outdoor cooking & more. Parent/Carers to drop off/collect at site. Nb: 5-min walk on uneven ground up steep track to site.

Mucky Boots – ASN sessions, Cleanhill Wood Maryculter, 12:30–2:30pm. Quieter child-centred sessions for primary-school aged children. Weekly crafts, foraging, fire starting, outdoor cooking, and den building. Parent/Carers to remain. Nb: 5-min walk on uneven ground up steep track to site.

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 1.30–3.00pm.Free adapted cycling sessions for all ages & abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite etc

Athletics – Mon– 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 & Shire. Info at AberdeenAAC.co.uk

Athletic Club, Aberdeen Sports Village, Linksfield Rd 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 Rd 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 Rd, Mastrick from 1800–1930 Juniors age 8–15yrs. Sports wheelchairs provided. Info at www.flyersbasketball.co.uk

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

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 15–25 meeting in Bridge of Don 19:00–21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 13 October

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. Sign up on Eventbrite

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, the app or call 01466 794428. Booking essential to confirm session is running, no drop-ins.

HANDSS – An ASN social club for age 5–15 in Bridge of Don from 18:15 to 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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 14 October

ASN Social Club – YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30–8:00pm. For young people aged 15–25, the group provides an inclusive environment where people can socialise, build friendships, develop confidence and take part in a range of activities. £15 per session

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1730–1830 & 1845–1945 for all levels from pre-school to junior advanced. Booking essential. Info at www.sportaberdeen.co.uk

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

Wheelchair Racing – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd – 6.30–7.30pm. For club members age 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 15 October

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Cres 10.30am–12pm. Drop-in but spaces restricted. Info at www.sportaberdeen.co.uk

Adapted Cycling –Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45–3.45pm. Free adapted cycling sessions for all ages/ abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite

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 16 October

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

ASN Teen –Calm Cove Fraserburgh, 24 Robertson Rd, 7–8pm, £6 per child. All children must be accompanied by adult. Siblings welcome. Booking essential!

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 17 October

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30–12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more info at e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at We Too! 170 Union Street 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.wetoo.org.uk or email: info@wetoo.org.uk

Relaxed Anime Art Academy – (Ages 8+) Come join the Ninjas at We Too! 170 Union Street for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. From 1230–1330. Book spaces at www.wetoo.org.uk or Email info@wetoo.org.uk 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. Booking essential, holiday times may vary.

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

Relaxed Swim Session – Northfield Swimming Pool, Kettlehill Crescent from 5.15–6.15pm Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk/timetables

Relaxed Swim Session – Tullos Pool, Girdleness Rd every Saturday 5–6pm (small pool only). No booking required. Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk

Sunday 18 October

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

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.

Monday 19 October

Mucky Boots – Wild Skills Sessions, Cleanhill Wood Maryculter, 10am – 12pm. Designed for children 11–15yrs (S1–S4) who are home educated / flexi-schooling. Spend time foraging, natural craft, fire starting, outdoor cooking & more. Parent/Carers to drop off/collect at site. Nb: 5-min walk on uneven ground up a steep track to the site. Booking essential!

Mucky Boots – ASN sessions in the grounds of Cleanhill Wood, Maryculter, 12:30–2:30pm. These are quieter child-centred sessions for primary-school age children. There are weekly crafts, foraging, fire starting, outdoor cooking & den building. Parent/Carers to remain. Nb: ground is uneven & there is a 5-min walk up a steep track to the site. Booking required.

Relaxed Ice Skating – Linx Ice Area 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 1.30–3.00pm. Free adapted cycling sessions for all ages /abilities suitable for anyone with a disability & families /carers. Sign up on Eventbrite.

Athletics – Mon – 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. Club also delivers beginner/recreational sessions at various locations in Aberdeen and Shire. Info at AberdeenAAC.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd f4.30–5.30pm. 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 Rd from 4.30–5.30pm. For club members aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

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

Relaxed Swim Session – Tullos Pool, Girdleness Rd. Both small & main pool from 2.15 – 3.15pm. Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk/timetables

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

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october

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Aye Aye Club – ASN Social Club for young people age 15–25 meeting in Bridge of Don 19:00–21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 20 October

Aberdeen Physically Disabled Swimming Club – Aberdeen Sports Village 7–8pm. Gentle water based exercise & 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 & tfamilies/carers. Sign up on Eventbrite.

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

HANDSS – An ASN social club for age 5–15 in Bridge of Don from 18:15– 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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 21 October

ASN Social Club – YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30–8:00pm. Aimed at young people age 15–25, the group provides an inclusive environment where people can socialise, build friendships, develop confidence and take part in a range of activities. £15 per session.

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run 1730–1830 & 1845–1945 for all levels from pre-school to junior advanced. Booking essential. Info at www.sportaberdeen.co.uk

Frame Running – Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd – 6.30–7.30pm. For club members age 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

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

Thursday 22 October

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

Adapted Cycling –Grampian Inclusive Cycle Bothies –Deveron Community & Sports Centre athletics Track, Banff 1.45–3.45pm. Free adapted cycling sessions for all ages / abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite

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 23 October

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

ASN Teen – Calm Cove Fraserburgh 24 Robertson Rd, 7–8pm, £6 per child. All children must be accompanied by adult. Siblings welcome. Booking essential.

Wall Climbing – Quiet Climbing Session from 1700–1900 at RGU Sport, Garthdee Rd. 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 24 October

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30–12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at We Too! 170 Union Street 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.wetoo.org.uk or email: info@wetoo.org.uk

Relaxed Anime Art Academy – (Ages 8+) Come join the Ninjas at We Too! 170 Union Street for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. From 1230–1330. Book spaces at www.wetoo.org.uk or Email info@wetoo.org.uk 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. 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 Swim Session – Northfield Swimming Pool, Kettlehill Cre from 5.15–6.15pm. Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk

Relaxed Swim Session – Tullos Pool, Girdleness Rd every Saturday 5–6pm (small pool only). No booking required. Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk

Sunday 25 October

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.wetoo.org.uk or Email info@wetoo.org.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 26 October

Mucky Boots – Wild Skills Sessions, Cleanhill Wood Maryculter, 10:00 – 12:00pm. For children 11–15yrs (S1 – S4) who are home educated / flexi-schooling. Spend time outside foraging, natural craft, fire starting, outdoor cooking and more. Parent/Carers to drop off/collect at site. Nb: 5–min walk on uneven ground up a steep track to the site. Booking required!

Mucky Boots – ASN sessions in grounds of Cleanhill Wood Maryculter, 12:30–2:30pm. These are quieter child-centred sessions for primary-school aged children. There are weekly crafts, foraging, fire starting, outdoor cooking, and den building. Parent/Carers to remain. Nb: the ground is uneven, and there's a 5–min walk up a steep track to site. Booking required!

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

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 1.30–3.00pm. Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite

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

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 from 2.15pm – 3.15pm. Drop-in but spaces restricted. Confirm sessions are available at www.sportaberdeen.co.uk/timetables

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 meeting in Bridge of Don from 19:00–21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 27 October

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.

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.

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. Sign up on Eventbrite

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

HANDSS – An ASN social club for age 5–15 in Bridge of Don from 18:15 to 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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.

Wednesday 28 October

ASN Social Club – YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30–8:00pm. Aimed at young people age 15–25, the group provides an inclusive environment where young people can socialise, build friendships, develop confidence and take part in a range of activities. £15 per session

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1730–1830 & 1845–1945

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for all levels from pre-school to junior advanced. 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. Booking essential. Info at www.sportaberdeen.co.uk

Thursday 29 October

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

Adapted Cycling – Grampian Inclusive Cycle Bothies –Deveron Community & Sports Centre athletics Track, Banff 1.45–3.45pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite!

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 30 October

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

ASN Teen – Calm Cove Fraserburgh 24 Robertson Rd, 7–8pm, £6 per child. Children must be accompanied by an adult. Siblings welcome. Booking essential.

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

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

Saturday 31 October

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30–12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at We Too! 170 Union Street 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.wetoo.org.uk or email: info@wetoo.org.uk

Relaxed Anime Art Academy – (Ages 8+) Come join the Ninjas at We Too! 170 Union Street for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. From 1230–1330. Book spaces at www.wetoo.org.uk or Email info@wetoo.org.uk 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. Booking essential, holiday times may vary.

Inclusive Football – Football for All at 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 5.15–6.15pm. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk as changes may occur.

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

november

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Sunday 1 November

ASN Stay and Play – Fun session at Kincorth Community Hub, Provost Watt Dr 12–2pm. bouncy castle, soft play, bikes & sensory room. Suitable for children pre-school to P7. £3 per child (£1 for each additional child /same family). No booking necessary, cash only.

Cineworld – Autism Friendly Screening on the first Sunday of every month. For more details of what will be showing visit 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 2 November

Mucky Boots – Wild Skills Sessions, Cleanhill Wood Maryculter, 10:00 – 12:00pm. Designed for children 11–15yrs (S1 – S4) who are home educated / flexi-schooling. Spend time outside foraging, natural craft, fire starting, outdoor cooking & more. Parent/Carers drop off/collect at site. Nb: 5-min walk on uneven ground up a steep track to the site. To book email: admin@muckyboots.org

Mucky Boots – ASN sessions in the grounds of Cleanhill Wood near Maryculter, 12:30–2:30pm. These are quieter child-centred sessions for primary-school aged children. There are weekly crafts, foraging, fire starting, outdoor cooking, and den building. Parent/Carers to remain. Note: the ground is uneven, and there is a 5-min walk up a steep track to the site. To book email: admin@muckyboots.org

Adapted Cycling – Grampian Inclusive Cycle Bothies – Peterhead, Catto Park Athletics Track 1.30–3.00pm. Free adapted cycling sessions for all ages & abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite.

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

Athletics – Mon – Friday Fully Inclusive Athletics with Aberdeen Amateur Athletic Club, Aberdeen Sports Village, Linksfield Rd. For club members aged 9+ (reduced m'ship fee with disability.) 5.30–6.30pm & 6.30–7.30pm. The club also delivers beginner/recreational sessions at various locations in Aberdeen & 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 Rd 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 Rd. Both small & main pool 2.15pm – 3.15pm. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk 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 meeting in Bridge of Don from 19:00–21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 3 November

Relaxed Codonas – Join the We Too! Ninjas at Codonas from 4.15pm for our #TakeoverTuesday.

Relaxed Bowling, Gel Blast and Relaxed Laser Tag, various sessions available and must be booked in advance at www.wetoo.org.uk. Relaxed Smugglers Cove 4.15 –6pm (just turn up and pay). For more info e: events@wetoo.org.uk

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

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

HANDSS – An ASN social club for age 5–15 in Bridge of Don from 18:15 to 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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.

Wednesday 4 November

ASN Social Club – YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30–8:00pm. For young people age 15–25, the group provides an inclusive environment where young people can socialise, build friendships, develop confidence & take part in a range of activities. £15 per session

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1730–1830 & 1845–1945 for all levels from pre-school to junior advanced. Booking essential. Info at www.sportaberdeen.co.uk

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 Road – 6.30–7.30pm. For club members age 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

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

Thursday 5 November

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

Adapted Cycling – Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45–3.45pm. Free adapted cycling sessions for all ages/ abilities, suitable for anyone with a disability & families/carers. Sign up on Eventbrite!

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.

Friday 6 November

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

ASN Teen – Calm Cove Fraserburgh 24 Robertson Rd, 7–8pm, £6 per child. Children must be accompanied by adult. Siblings welcome. Booking essential

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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.

Saturday7 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30-12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more information e: info@wetoo.org.uk

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Inclusive Football – Football for All at 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. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk as changes may occur.

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

Sunday 8 November

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.wetoo.org.uk or Email info@wetoo.org.uk

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

Monday 9 November

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

Mucky Boots - Wild Skills Sessions, Cleanhill Wood Maryculter, 10:00 - 12:00pm. Designed for children 11-15yrs (S1 - S4) who are home educated / flexi-schooling. Spend time outside foraging, natural craft, fire starting, outdoor cooking and more. Parent/Carers to drop off/collect at site. Note: 5-min walk on uneven ground up a steep track to the site.

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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 Rd from 4.30-5.30pm. For club members aged 9+(reduced m'ship fee with disability). Info at AberdeenAAC.co.uk

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

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm - 3.15pm. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk 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 meeting in Bridge of Don from 19:00-21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 10 November

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. Sign up on Eventbrite

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

HANDSS - An ASN social club for age 5-15 in Bridge of Don from 18:15 to 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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 11 November

Relaxed Soft Play – Loopty Lou's, Station Ave, Boddam 16.00-17.20. Book spaces at www.looptylous.co.uk

ASN Social Club - YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30pm–8:00pm. Aimed at young people age 15–25, the group provides an inclusive environment where young people can socialise, build friendships, develop confidence and take part in a range of activities. £15 per session

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

ASN Ski Lessons - Aberdeen Snowsports Centre, Garthdee. Classes run from 1730-1830 & 1845-1945 for all levels from pre-school to junior advanced. Booking essential. Info at www.sportaberdeen.co.uk

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 aged 9+ (reduced m'ship fee with disability.) Info at AberdeenAAC.co.uk

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

Thursday 12 November

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

Adapted Cycling-Grampian Inclusive Cycle Bothies – Deveron Community & Sports Centre athletics Track, Banff 1.45-3.45pm. Free adapted cycling sessions for all ages/abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite

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 13 November

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

ASN Teen – Calm Cove Fraserburgh 24 Robertson Rd, 7-8pm, £6 each. Children must be accompanied by an adult. Siblings welcome. Booking essential

Wall Climbing – Quiet Climbing Session from 1700-1900 at RGU Sport, Garthdee Road. Please contact sportdevelopmentteam@rguac.uk / 01224 263666 for more info or to book a space. Bookings are made in blocks and advance booking essential.

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

Saturday 14 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30-12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at We Too! 170 Union Street 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.wetoo.org.uk or email: info@wetoo.org.uk

Relaxed Anime Art Academy - (Ages 8+) Come join the Ninjas at We Too! 170 Union Street for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. From 1230-1330. Book spaces at www.wetoo.org.uk or Email info@wetoo.org.uk 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. 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 5.15-6.15pm. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk as changes may occur

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

Sunday 15 November

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

contact details on p21

november

contact details on Page 21

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.

Monday 16 November

Mucky Boots – Wild Skills Sessions, Cleanhill Wood Maryculter, 10:00am – 12:00pm. Designed for children 11–15yrs (S1 – S4) who are home educated / flexi-schooling. Spend time outside foraging, natural craft, fire starting, outdoor cooking & more. Parent/Carers drop off/collect at site. Nb: 5-min walk on uneven ground up a steep track to the site. Booking required.

Mucky Boots – ASN sessions in the grounds of Cleanhill Wood Maryculter, 12:30–2:30pm. These are quieter child-centred sessions for primary-school ag ed children. Weekly crafts, foraging, fire starting, outdoor cooking, and den building. Parent/Carers to remain. Nb: the ground is uneven, and is a 5-min walk up a steep track to the site. Booking required.

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 1.30–3.00pm . Free adapted cycling sessions for all ages and abilities suitable for anyone with a disability & their families/carers. Sign up on Eventbrite

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 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 aged 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

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

Relaxed Swim Session – Tullos Pool, Girdleness Road. Both small and main pool from 2.15pm – 3.15pm. Drop-in but spaces restricted. Confirm sessions are available on www.sportaberdeen.co.uk 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 meeting in Bridge of Don from 19:00–21:00, £2 per session, term time only. You must be registered to the club to attend, a waiting list in operation with taster sessions when spaces available.

Tuesday 17 November

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/ 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 LIVE LIFE ABERDEENSHIRE website. Booking essential to confirm session is running, no drop-ins.

HANDSS – An ASN social club for age 5–15 in Bridge of Don from 18:15 to 19:30 during term time. You must be registered as a club member to attend, a waiting list is in operation with taster sessions offered when spaces become available. Cost £2.00 per session.

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 18 November

ASN Social Club – YA Socials, Thrive Together Silverburn Lodge, Claymore Dr, Bridge of Don, 6:30–8:00pm. Aimed at young people age 15–25, the group provides an inclusive environment where they can socialise, build friendships, develop confidence and take part in a range of activities. £15 per session

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

ASN Ski Lessons – Aberdeen Snowsports Centre, Garthdee. Classes run from 1730–1830 & 1845–1945 for all levels from pre-school to junior advanced. 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.)

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. Booking essential. Info at www.sportaberdeen.co.uk

Thursday 19 November

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

Adapted Cycling – Grampian Inclusive Cycle Bothies –Deveron Community & Sports Centre athletics Track, Banff 1.45–3.45pm. Free adapted cycling sessions for all ages/ abilities suitable for anyone with a disability & families/carers. Sign up on Eventbrite

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 20 November

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

ASN Teen – Calm Cove Fraserburgh 24 Robertson Rd, 7–8pm, £6 per child. All children must be accompanied by adult. Siblings welcome. Booking essential.

Wall Climbing – Quiet Climbing Session 17–19.00 at RGU Sport, Garthdee Rd. 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 21 November

Lego Club – Join the Ninjas at We Too! HQ in Trinity Centre for our Lego Club11.30–12.30, 'Play for a Pound'. Book in advance at www.wetoo.org.uk. or for more information e: info@wetoo.org.uk

Pokemon Academy – Join Ninja Rogan at We Too! 170 Union Street 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.wetoo.org.uk or email: info@wetoo.org.uk

Relaxed Anime Art Academy – (Ages 8+) Come join the Ninjas at We Too! 170 Union Street for a regular relaxed drawing class to help learn how to draw your favourite Pokemon/Anime characters. From 1230–1330. Book spaces at www.wetoo.org.uk or Email info@wetoo.org.uk 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. Booking essential, holiday times may vary.

Inclusive Football – Football for All at the Hill of Banchory School, AB31 5HT. All ages welcome 14–15.00. New starts call Hugh t: 0777 582 6756 as school holiday timetable may vary.

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

CONTACT DETAILS

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
ASN Social Club	e: info@thrivetogetherabz.co.uk		
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	Disability & ASN Football	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: livelifeaberdeenshire.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	
Mucky Boots	e: admin@muckyboots.org		
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@rguac.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	
YA Socials	e: info@thrivetogetherabz.co.uk		

Ten Years On:

Never Underestimate Millie

By Tori Chamberlain, Trustee



Ten years ago, on a dark, rain-soaked November afternoon, I sat in a CAMHS waiting room beside my daughter, Millie. She was just six years old, a tiny whirlwind with wild curls, an endlessly curious mind, and more questions than most adults could answer. **We were there to receive what we already knew: an Autism diagnosis.**

When we left that appointment, we were smiling. Not because Autism was something to celebrate, but because, for the first time, someone else saw what we had been trying to explain for so long. They saw how overwhelming the world could be for Millie. They understood the daily struggles that so many people dismissed. Most of all, we felt relief. We hoped that now we had a diagnosis, life might become a little easier. Looking back, I realise that diagnosis wasn't the end of a journey.

It was only the beginning.

The years that followed were filled with advocating, challenging, educating and, at times, fighting for the support Millie deserved. Primary school was incredibly difficult. Despite our best efforts, very few reasonable adjustments were made. She was made to feel like she was the problem rather than a child who simply experienced the world differently. The sensory overload became so overwhelming that she could only manage two and a half days at school each week.

Among those difficult years, there was one shining light. The school secretary, Mr Grimes, offered Millie kindness when she needed it most. His office became her safe place. He listened to her endless questions, calmed her anxieties and reminded her that she mattered. I will always be grateful for that.

Those years were filled with countless emails, meetings with education staff, autism specialists and local authority representatives. There were promises, but very little meaningful change. We genuinely believed that if primary school was this difficult, there was no way Millie could cope with moving to a secondary school of over 500 pupils.

How wonderfully wrong we were.

Her secondary school embraced the transition from the very beginning. Staff wanted to understand Millie, not change her. Together, we built a detailed transition plan that included reduced timetables, access to the sensory room, mental health days, quiet spaces and the flexibility to leave lessons when things became overwhelming. For the first time, we experienced what genuine inclusion looked like. People cared enough to get it right, and they did.

Now, ten years after that rainy November afternoon, Millie is in S6 and preparing for her future. Last term she was awarded School Dux. As she awkwardly walked across the stage collecting award after award, I watched her teachers wiping away tears.

Many people assumed I was crying because of her academic success. Of course I was proud of that, but what they couldn't see was everything it had taken for her simply to stand in that hall. The acoustics have always overwhelmed her. The sound of hundreds of people clapping was almost as challenging as the exams she had sat. Walking across that stage took every ounce of courage she had.

I have never been prouder.

It hasn't always been plain sailing. There have been tears, setbacks, sleepless nights and moments when I worried endlessly about her future. I worried when birthday parties felt impossible, when friendships looked different, and when I wondered whether the world would ever understand her.

Millie has taught me more than I could ever teach her. She has shown me that success doesn't have to look like everyone else's. She is fiercely intelligent, wonderfully creative, an incredibly talented seamstress, a history enthusiast, a music lover and, above all, someone who loves her family with her whole heart.

She has achieved every milestone in her own way and on her own terms. Watching her become the remarkable young woman she is today has been one of the greatest privileges of my life. The future will undoubtedly bring new challenges, whether she chooses university or an apprenticeship, but if the last ten years have taught me anything, it is this: never underestimate Millie.

I certainly never will.

WE DON'T KNOW ABOUT YOU, BUT THE NINJAS ABSOLUTELY LOVE OCTOBER AS IT HAS ONE SPECIAL DATE WE ALL WAIT FOR EACH YEAR.... TO SOME IT IS MORE SIGNIFICANT THAN CHRISTMAS.

IT'S HALLOWEEN AND ALL THINGS SPOOKY!!

For our October Holiday Programme we have included some **SPOOKTACULAR** *sessions for all you fellow ghouls!*

All sessions can be booked on our website www.wetoo.org.uk

Twilight Night at Codonas **Build Your Own Sensory Toy**
Make your own Halloween T shirt *(or any design you wish)*
Relaxed Bowling **Relaxed Tubing**
Scarily Fun Science Experiments and Potion Making
Relaxed Skiing Taster Sessions – *no experience necessary*
Spooky Cupcake Decorating Halloween crafts and mask painting

The fun doesn't stop after the holidays finish, 31st October is our traditional Halloween Party with Trick or Treat Stations, Potion making, silent disco, monster scavenger hunt and of course bouncy castle of doom.

ARE YOU BRAVE ENOUGH TO BOOK YOUR SPACES....

Some sessions funded by Aberdeen City Council

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 quality 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 (formally 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
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 £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

Twilight Night 2026

wetoo!

Est. 1870 CODONA'S ABERDEEN

And the BOO-rilliant news?

The Ninjas are thrilled to return to Codona's for another award-winning, EXCLUSIVE Spooktacular evening in the outdoor amusement park!

October 2026, 5.30pm–7.00pm

ALL profits will go towards our fundraising efforts!

There will be no music, reduced numbers and minimal waiting times for rides, helping to create a relaxed and enjoyable experience for everyone.

But wait... there's more FANG-tastic news!

Everyone coming will receive a trick-or-treat bag to fill with goodies throughout the session.

To give everyone a fair chance to attend, tickets were offered through a ballot system, allowing families the opportunity to secure a place without the pressure of having to book on a first-come, first-served basis.