

Directory of Services for Children with Disabilities in Moray

Sources of Sunnort Information and Funding



In keeping with Getting it Right for Every Child (GIRFEC), there are three Tiers to services and supports available to Children with Disabilities and Additional Support Needs in Moray:

Universal Services: The majority of children and young people make their journey from birth to adulthood supported by their family and core universal services. These are services available to everyone, for example School, GP, and School Nurse.

Universal Services with Support: Some Children with a Disability may have a need which cannot be fully met by their family or Universal Services, but can be met through additional support within Universal Services, for example a Classroom Assistant as part of an Individual Education Plan; advice and guidance from a specialist service such as Paediatric Health Services or Child and Adolescent Mental Health. A Social Work Referral is not needed to access these services or supports.

Targeted Intervention: For a small number of children and young people, a more co-ordinated approach will be required to deliver a Targeted Intervention which will be recorded in a Child's Plan and be co-ordinated by a Lead Professional. Examples of Targeted Intervention for Children with Disabilities include Respite, Care at Home, and Enhanced ASN Education Provision. These are not services families can access directly without Professional input and coordination.

This Directory contains details of services under the first two tiers, Universal Services and Universal Services with Support.

To discuss specific supports available where Targeted intervention is required, please speak with your child's Lead Professional or Social Worker.

Please also refer to the Moray Council website on Child Planning Process for further information http://www.moray.gov.uk/moray.standard/page 102559.html

Online and Telephone Support Services	
Moray ASN Parent Carer Action Group	An active and supportive Action Group for Parents and Carers of Children in Moray who are affected by Disabilities and Additional Support Needs. Run by and for Parent Carers in Moray. A closed Facebook Group as well as regular meet up sessions and a goal of making positive changes in Moray for Children with Disabilities and Additional Support Needs. https://m.facebook.com/groups/761373068345961/?ref=share
Parent Able Moray - Facebook	Facebook page and closed Facebook group set up and facilitated by Parent Carers to provide Peer Support to parents of children with disabilities in Moray.
	www.children1st.org.uk/help-for-families/parentline-scotland
	National Parentline 08000 28 22 33
Children 1 st Parentline	'Whatever it is that affects your family, you can talk it over with us. We'll listen to you with kindness, give you time to think things through and support you'.
	www.contact.org.uk 0131 659 2930 Helpline 0808 808 3555
Contact	'We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others'.
	www.enable.org.uk 0300 200 101 / Moray 01343 870 178
Enable Scotland	'We are a Scottish charity, working for an equal society for every person who has a learning disability. Whether you, a family member or someone you care for has a learning disability, we're here for you. We're here to listen. We're here to support. We're here to help you speak up and be heard – wherever you are in Scotland'.
	www.disabilityscot.org.uk Helpline Monday to Friday 10am – 4pm 0300 323 9961
Disability Scotland	'Disability Scotland provide reliable, accurate and accessible information for people living with Disability in Scotland'.
	https://www.kindred-scotland.org/
Kindred	'Kindred exists to support parents of children with complex needs'
	www.councilfordisabledchildren.org.uk
Council for Disabled Children	'We are the umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers'.

Health	
Speech and Language Therapy	Paediatric Speech and Language Therapy Glassgreen Centre 2 Thornhill Drive, Elgin, IV30 6GQ Tel: 01343 553 100 Enquiry Line 07876 258 402 Facebook: Moray SLT The Moray Speech and Language Therapy Service may see children and young adults with a speech, language, communication, voice or swallowing difficulty. For new and existing referrals, assessments and queries, please contact the Paediatric SaLT Enquiry Line 07876 258 402 • Wednesdays 1.30pm – 4pm • Fridays 9.30am – 12pm Please call and leave a message if no answer, someone will call you back. We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly.
Paediatric Occupational Therapy	Paediatric Occupational Therapists Cherry Tree Therapy Centre, Dr Gray's Hospital 01343 567 365 The Paediatric Occupational Therapy team enable children to improve their independence in practical daily tasks, such as self-care (dressing, eating), work (handwriting, PE), and leisure (play). In addition, adapting or altering a child's environment by using equipment or strategies to maximise functional independence. Within Paediatric Occupational Therapy, assessment can be carried out on a child's sensory and motor skills and how this affects their daily life and independence. If appropriate, regular treatment can be provided aimed at improving a child's development leading to an improvement in functional skills. Therapy programmes for school and home, recommending activities and strategies to incorporate into the child's daily activities can form part of intervention. Occupational Therapists can see children in community settings such as playgroups or schools, within the home environment or at the Occupational Therapy department. We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly. Paediatric Occupational Therapy run regular Sensory Workshops where parents of children with sensory or processing difficulties can try out some equipment and sensory items.

Paediatric Physiotherapy	Paediatric Physiotherapy Team Cherry Tree Therapy Centre, Dr Gray's Hospital 01343 567 368 Physiotherapists can offer assessments, as necessary, if your child has movement related problems. In general, a paediatric physiotherapist is involved in the assessment, treatment and physical management of children with movement related problems. They have a detailed knowledge of the normal and abnormal development of children, an understanding of the illnesses and conditions that can affect children and use a variety of treatment techniques to help maximise their independence. Through the medium of play and exercise programmes, the physiotherapist aims to guide the child through the various stages of development. If necessary, special equipment and furniture may be used in conjunction with the physiotherapy activities. It is preferable to see children as early as possible as early intervention improves functioning therefore decreasing the need for intervention later in life. We operate an Open-Referral System. This means that as well as receiving referrals from GPs and other Health Care Professionals, you can also contact us directly.
Community Occupational Therapy	Access Care Team 01343 563 999 www.moray.gov.uk/moray standard/page 39827.html Our team of Community Occupational Therapists and Occupational Assistants provide support and solutions to functional difficulties you may be experiencing in your home. This could be as simple as putting on socks or making your home wheelchair accessible. All enquiries will be managed by our Access Care Team based on our eligibility criteria. They can offer information, advice and arrange a care assessment.
Child and Adolescent Mental Health Service (CAMHS)	The Rowan Centre, Elgin www.nhsgrampian.org/service-hub/child-and-adolescent-mental-health-services-c amhs 01343 553 111 A support service for all agencies working with children and young people around mental health issues and a multi-disciplinary assessment and treatment service for children and young people, their families and carers.

Occupational Therapy, Speech and Language Therapy and Learning Disability Nursing. MIDAS is a service for the families of pre-school children with complex needs who require support from a number of professionals. The key aim of MIDAS is to ensure the support families receive is as "joined up" and as responsive as possible. MIDAS places the child and family at the heart of all its processes. Where children have very complex needs, families can often find themselves in a stressful situation. The systems operated by the different professionals can be confusing and the number of appointments can be overwhelming. Sometimes, professionals are unaware of who else might be involved in the child's case. Therefore MIDAS offers the following: A understandable structure for appointments and meetings A system for professionals to come together with parents to discuss and plan for a child's needs A named professional contact who, as the Professional Lead, liaises with other professionals on the parents' behalf. ADAPT is multi-disciplinary team who are responsible for diagnosing children with ASD/Autism in Moray. The team involved in the pathway are: - Consultant in Child Psychiatry - Speech and Language Therapists - Paediatric Occupational Therapist - Educational Psychologist - Principal Teachers of Autism - Paediatric Occupational Therapist - Paediatric Occupational Therapist - Paediatric Occupational Therapist - Paediatrician The ADAPT process collates reports and information from all health and educational professionals involved with the child and their family. This may include reports from nurseries, teachers, health visitors, speech and language, occupational therapy etc. Once the reports and any required assessments are completed and collated, the multi-disciplinary team will discuss and liaise with the child's nursery/class teacher/named person before hopefully being able to make a decision around diagnosis. Referral to this pathway can be made by any health professional, named person or even parents themse		In Moray, CAMHS has a specialist Learning Disability Service, including
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		www.child-smile.org.uk

	Good oral health in childhood means healthy teeth and gums throughout life. Child Smile is working to ensure all children, regardless of income or background, have the best possible start.
Dietetic Services	Department of Nutrition and Dietetics Dr Gray's Hospital Elgin IV30 1SN Tel: 01343 567 350 The dietetic team offer a range of services and are the only qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level. We will help children, families and adults make informed and practical choices about their food and nutrition. Access to the dietetic service is generally via referrals made by a GP or other health care professional. Weight management services can be accessed via self-referral.
	01224 556 841 or 556 012
Mobility and Rehabilitation Service (MARS)	Referrals are via Health, Physiotherapy and Occupational Therapy This is an NHS Grampian service based at Woodend Hospital in Aberdeen.
School Nurse	The NHS Grampian School Health Service is staffed by nurses who have undergone specialist training. They work in schools to promote good health, carry out health screening and provide vaccination and immunisation services for pupils. The school nurses work closely with teachers and parents and are useful source of advice and information. They also liaise with hospital services to ensure that pupils are receiving appropriate care and medicine. Your child's School Nurse can be contacted via their School or GP.
Paediatrics	If your child has complex healthcare needs, they may be referred to Paediatrics, where they may be seen by a Consultant Paediatrician. There are specialisms based in the Paediatrics team including dietetics, diabetes, community child health and a Specialist ADHD Nurse. If you feel your child requires any of these services service, please contact their GP in the first instance.
NHS Scotland Children with Exceptional Healthcare Needs	www.cen.scot.nhs.uk Our vision: For all children, parents and professionals in Scotland to be aware of what children and young people with exceptional and complex healthcare needs require for support and that every child receives evidence based specialist care throughout their healthcare pathway.

Education	
	www.enquire.org.uk
Enquire	Helpline 0345 123 2303
	Enquire is the Scottish advice service for additional support for learning. Providing easy to understand advice and information about additional support for learning legislation and guidance for families and professionals.
	www.moray.gov.uk/moray_standard/page_55663.html 01343 550 999
Educational Psychology Services	The Educational Psychology Service (EPS) is a team of registered psychologists who work with parents/carers, school staff and other professionals to help children and young people make the most of their education and to reduce the barriers that they may face.
	Our aims include enhancing social inclusion, social and emotional well-being of young people and families, and raising attainment. As a local authority in Scotland, we have a statutory duty to meet the needs of children and young people with additional support needs.
	Each school in Moray has a Home School Link Worker assigned to support their pupils and families to address barriers to learning and attendance.
Home School Link Workers	Please speak to your child's school to find out more about the Home School Link Worker assigned to them and what support or information they can offer.
	http://www.moray.gov.uk/moray_standard/page_53352.html
	The Moray Autism Service supports the needs of children and young people with an Autistic Spectrum Disorder (ASD) or a social communication disorder who are being educated in Moray.
Moray Autism Service	The team is available for pre-school to secondary age pupils as well as their teachers and families/carers.
	Moray Autism Service includes School-based and outreach supports including a Home School Link Worker service.
	Referral is made by your child's current Education Provision.
	www.moray.gov.uk/moray_standard/page_59423.html 01343 557 921
Sensory Education Service	Our Sensory Education Service comprises the Hearing Education Service and Visual Education Service. We aim to promote access and opportunity for deaf and visually impaired children within Moray, to ensure they achieve their full potential. We do this by working collaboratively with parents and schools to ensure a high quality of education appropriate to the needs of the child. We also offer support, advice and training opportunities to school staff and parents.

Quality Improvement Officers	Moray Council has 6 Quality Improvement Officers (QIOs) overseen by 2 QIO Managers. These workers form part of the Education Quality Improvement Team. There is a designated QIO for Additional Support Needs. A QIO can be contacted via your Child's current Education Provision, and can become involved in situations where complex and bespoke curriculums are required to meet a child's additional support needs.
	http://www.moray.gov.uk/moray_standard/page_53000.html
Home and Flexible Education	Any parent can choose to home educate. No training or experience is required to home educate however parents must provide an education suitable to the age, ability and aptitude of their child. Our Home Education Policy provides more information on the process and obligations of home educating your child.
	www.moray.gov.uk/moray_standard/page_116126.html 01343 557 914
Social, Emotional and Behavioural Needs (SEBN)	Our SEBN service offers targeted support to children and young people to help address their social, emotional and behavioral needs.
B6 Secondary Provision – Specialist Autism	Moray has a specialist Autism provision for Secondary Aged pupils with Autism and associated Learning Difficulties. B6 Autism Provision is based within Elgin Academy.
Developmental Playgroups	 Moray has 3 Developmental Playgroups which can be accessed by children with additional support needs for pre-school and early years childcare and education. Ladybird Developmental Playgroup – Lossiemouth Noah's Ark Developmental Playgroup – Forres Teddy Bears Developmental Playgroup – Buckie Please speak to your child's Health Visitor if you would like to know more about attending a Developmental Playgroup.
	01343 541 335
Earth Time	Earth Time is a charitable company who provide an assortment of exciting, creative, woodland/nature based and environmentally themed experiences for all ages and abilities. Please speak to your child's current Lead Professional within Education regarding
	accessing Earth Time as part of their Education Curriculum.
	https://wild-things.org.uk/
Wild Things	Wild Things are based in Findhorn and run a Woodland Classroom that can be accessed by Schools.
	Please speak to your child's current Lead Professional within Education regarding accessing Wild Things as part of their Education Curriculum.

The Paddock	 The Paddock promotes an inclusive approach to community provision taking account of individuals' Neurodivergent needs and circumstances: We offer individual and small group learning opportunities and safe spaces. We offer opportunity for learning through animal husbandry, gardening and outdoor learning. Offer an alternative learning environment and an alternative to exclusion for Neurodivergent pupils. Provide opportunities to gain recognised qualifications. Provide learning of Life skills and skills for work. Offer inclusive social activities for all. We have specialist staff to offer consultation and advice to support individuals Please speak to your child's current Lead Professional within Education regarding accessing The Paddock as part of their Education Curriculum.
Pupil Transport	https://www.transport.gov.scot/publication/the-costs-and-challenges-of-changing-the-specifications-for-school-transport-in-scotland/j292338-03/ Pupils who are recorded as having Additional Support Needs may be entitled to transport from their home to the school if they stay less than two miles from their catchment school. It must not be assumed that this is an automatic entitlement. Parents seeking transport in these instances should contact the school who will advise what the next steps are as part of the Child Planning process. If transport is granted, our Public Transport Unit will be advised and they will make the necessary arrangements for transport delivery along with the school.
Individual Education Program (IEP)	http://www.moray.gov.uk/moray_standard/page_114767.html This is for children and young people with needs that require extensive modifications to the curriculum. It is a single agency plan which details the additional support needs and educational targets with the strategies and resources that will be used to achieve outcomes.
Coordinated Support Plan (CSP)	A coordinated support plan is for children and young people who require significant levels of additional support from us and from at least one other non-educational agency, for example, the health service or social work. The coordinated support plan is a legal document. There are very detailed rules about the conditions under which a plan would be opened, what they must contain, what we (the Education Authority) must do to keep them up to date and the rights of parents and young people to request a plan. Further information can be found on Moray Council Website.

	If you believe your Child should have a Coordinated Support Plan, please speak with someone in their current Education Provision.
Transitions	Transitions include moving from Nursery to Primary School, from Primary School to Secondary School and from Secondary School to Adulthood. Transitions can also include any other change or move of school / classroom.
	Further information on Transitions for Children with Additional Support Needs can be found via Enquire: https://enquire.org.uk/parents/choosing-school/moving-to-high-school/
	www.exchange-counselling.com
Exchange Counselling	School-based counselling. Supporting Psychological Wellbeing and Emotional Resilience. Available in Primary and Secondary Schools in Moray.
	www.moraypathways.co.uk
Pathways Moray	For individuals, Moray Pathways can help point you in the right direction to find opportunities in Education, Training or Employment.
Patriways Moray	Whether you are in education and want to move on, in employment but want a change, or want to retrain to better yourself and find a new direction, everything you need is here on the Moray Pathways hub.
	www.skillsdevelopmentscotland.co.uk 01343 344 006
Skills Development Scotland	Skills Development Scotland is Scotland's national skills body. We contribute to Scotland's sustainable economic growth by supporting people and businesses to develop and apply their skills. We work with our partners to provide services that deliver the very best outcomes for Scotland's people, businesses and the economy.
	www.enableworks.org.uk
Stepping Up [Enable Works]	Stepping Up is an innovative school transitions programme supporting young people who have learning disabilities, autistic spectrum disorder or additional support needs to build and explore their aspirations for the future, achieve an accredited qualification and a positive progressions into employment, education and industry training upon leaving school.

Carer Support	
	01343 556 031
	Parents and carers can self-refer via email (carersmoray@quarriers.org.uk) or at the office at 44 High Street, Elgin, IV30 1BU.
	www.quarriers.org.uk/services/adult-carer-support-service-moray/
Quarriers Carer Support	Quarriers Carer Support Service (Moray) offers practical and emotional support to all unpaid carers. Quarriers are commissioned by the Moray Council to support Carers in completing Adult Carer Support Plans in line with the Carers (Scotland) Act 2016. Learning Opportunities are available as well as Carer Peer Support Cafes, which run monthly throughout Moray.
	Quarriers also have a Young Carer Service.
	www.carers.org
Carers Trust Scotland	We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. We do this with a UK wide network of quality assured independent partners and through the provision of grants to help carers get the extra help they need to live their own lives.
	www.carersmart.org
Carer Smart Discount Club	Carer Smart is a club from Carers Trust, the UK's largest carers charity and is open to carers across the Carers Trust network.
	www.circlesnetwork.org.uk/circles-advocacy/
	40-42 Moss Street, Elgin 01343 559 546
Circles Advocacy	We specialise in providing independent, professional, issue based advocacy for thousands of people. In addition we provide collective advocacy in some communities and in the wards of certain clinics and hospitals.
	Information on support and rights of Young Carers can be found here:
Young Carers	https://young.scot/campaigns/young-carers/
	www.sibs.org.uk
Sibs For brothers and sisters of Children with disabilities	Sibs exists to support people who are growing up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

'Universal Services' and 'Universal Services with Supports' in Moray and Grampian	
	An Independent Advocacy Service commissioned by Moray Council and delivered by Quarriers.
	Further information can be found on the webpage:
	https://sway.office.com/Qd8X6pFKAbz80MLf?ref=Link&loc=play and / or https://www.quarriers.org.uk/services/moray-childrens-rights/
Moray Children's Rights Service	This service is not specific to Children with Disabilities or Additional Support Needs, but has a goal of supporting and upholding all Children's Rights and can provide support with Advocacy; Child Planning Meetings; Children's Hearings; Seeing Family; Looked After Child Reviews; Placement Concerns; Child Protection; Accessing a lawyer; Housing concerns; Continuing Care and Advice
	A referral can be made by any professional or by children, young people, parents, carers or family members themselves.
	If you think you or your child requires Advocacy support and you would like to make a self-referral or ask any questions please speak to Quarriers Children's Rights Service directly.
	They can be contacted by email: moraychildrensrights@quarriers.org.uk or by telephone on 01343 611 411.
	http://www.moray.gov.uk/moray_standard/page_52055.html
	http://sportinmoray.co.uk/mcsh/active-schools/
Active Schools Moray	Active Schools is a national network of staff working across Scotland, and locally across all schools in Moray, to provide more opportunities for children and young people to participate in sport before, during and after school for free or at minimal cost.
	This service is not specific to Children with Disabilities but some activities may be accessible for some Children with Disabilities.
	http://www.moray.gov.uk/moray_standard/page_40008.html
Blue Badge Scheme	Disabled parking permits are also known as Blue Badges. With a Blue Badge, you can park in certain restricted areas – whether you are a driver or passenger.
CEA Card	01224 526 016
	www.ceacard.co.uk
	The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

	www.charliehouse.org.uk
Charlie House	Charlie House was founded in 2011 with the goal of improving quality of life for babies, children and young people in the North-east of Scotland who have life-limiting or life-threatening conditions and to provide support for them and their families.
	We believe that every child should receive a smooth transition from hospital to home, practical and emotional support for themselves and their family, access to inclusive activities, help to live life to the full and make memories for the whole family to treasure.
	01343 564 170 moray@children1st.org.uk
Children 1 st Moray	Children 1 st carry out a range of services for children and families in Moray.
	6 Moss Street, Elgin
	01343 550 088 www.moraycab.org.uk/contact.html
Citizens Advice Bureau Moray	Moray Citizens Advice Bureau is an independent local charity run by a Board of volunteer directors drawn from the local community.
	Moray CAB provides advice, information and practical assistance on a range of issues which include: Benefits and Legal advice.
	www.elginyouthcafe.org 01343 548 300
	The Elgin Youth Development Group was established in 1998 in response to concerns that young people did not have a place to meet and socialise.
Elgin Youth Café	We run a youth café called The Warehouse and offer a full range of youth work related services and activities including open evenings, after school clubs, holiday clubs, cooking and fitness classes and employability opportunities.
	Although not a specialist service for Children with Disabilities, Elgin Youth Café is open to and welcoming of children with additional support needs who can access their service independently or with support.
	Happy Little Preloved is a non-profit organisation that supports families, refugees and people in need in Moray.
Happy Little Pre-Loved	07716 103 113 happylittlepreloved@outlook.com
	www.facebook.com/p/Happy-Little-Preloved
	www.surfable.org.uk Email info@friendlyaccess.org.uk
Friendly Access SurfABLE and SwimABLE	Inclusive swimming and surfing lessons in Moray available to children with additional support needs.

	www.gcbn.org.uk
Grampian Children's Bereavement Network	Supporting bereaved children and young people in Grampian
	www.facebook.com/livinggolf
	07570 139657
Living Golf Moray	letsplay@livinggolf.com
	Living Golf welcomes everyone – golfers and non-golfers of all ages – Living Golf is inclusive and accessible by everyone.
	www.morayschoolbank.org
Moray School Bank	Our aim as a group of volunteers is to offer new school uniform and warm winter clothing to children living in financial hardship across Moray.
	We are committed to helping children be equal and have the opportunity to reach their potential at school.
	www.moraybabybank.org.uk
	Email: Moraybabybank@gmail.com Telephone: 07935 223480
Moray Baby Bank	Moray Baby Bank accepts donations of used and new baby clothes, toys, prams, push chairs, high chairs, cots, moses baskets and other items in the age group from birth to 2 years old. We work with various referral agencies in the Moray area, midwives, health visitors, social workers and crisis aid departments.
	When these agencies identify a family in financial distress who cannot afford the essentials for their baby, they suggest the Moray Baby Bank to them as a way of obtaining the essentials they would need.
	www.morayhydrotherapypool.co.uk 01309 672 984
	Hydrotherapy Pool in Forres
Moray Hydrotherapy Pool	The pool is fully wheelchair-friendly from its entrance and reception area to its changing rooms and pool.
	The pool has a hoist for helping disabled users to enter and leave the pool.
	www.morayrda.org.uk Cranloch Riding Centre, Near Elgin, IV30 8QX
Moray Riding for the Disabled	Inclusive Horse Riding for children and adults with a disability in Moray.
	Glyn Morris www.nasmorayandnairn.org.uk
Nairn Saturday Club [National Autistic Society]	Grigor House, Nairn. One Saturday per month. Parents and children social group.

	www.nesensoryservices.org/services-we-offer/support-for-young-people
North East Sensory Services	NESS's specialist service supports young people living with sensory loss and their parents/ carers, providing assessments of the children's needs, specialist equipment, welfare benefits advice, and Habilitation, which might include mobility work, independent living skills and advice about adapting environments and resources. We work closely with colleagues in the Sensory Education Service. NESS's Young People's Sensory Service (YPSS) aims to support young people who have a sensory loss to get the most out of their childhood. Fun activities, social groups and trips help youngsters make friends and gain new experiences – at the same time as developing self-confidence and important life skills.
	Via Moray School Bank <u>www.morayschoolbank.org</u>
	No Worries in Moray is an initiative set up by Hannah Weir, a young person from Moray. Hannah won the Young Scot Community Award in 2020 for her work with No Worries in Moray.
No Worries in Moray	Hannah fundraises to provide family trips to locations such as Landmark and Roseisle Beach for families that are experiencing financial difficulties.
	Details of upcoming events, trips and projects part of No Worries in Moray will be posted on the website. We currently have two projects part of No Worries in Moray, our Beach Hut at Findhorn and our Community Garden.
	Mobile Sensory Bus - See Facebook Page
Out There	Visits Schools and other locations around Highland and Moray.
	www.outfitmoray.com
Outfit Moray	Outfit Moray aims to make a difference to the lives of others, by actively developing the potential of young people, their families and communities, through accessible, affordable outdoor learning and adventure: encouraging life skills and improving physical and mental health. This service is not specific to Children with Disabilities but some activities may be accessible for some Children with Disabilities.
	www.in-controlscotland.org/programmes/partnersinpolicymaking
Partners in Policymaking	This is course run by In Control Scotland.
	Partners in Policymaking is a leadership development programme, which is designed for disabled adults and parents of disabled children.
	www.psrscotland.com
Priority Services Register	If you have a vulnerable family member at home, you should consider letting your energy provider know, so that they can place your address on a priority list for restoring power following Power Cuts.

	Tara Engelmann
Quarriers Epilepsy Field Worker	01309 675 900 tara.engelmann@quarriers.org.uk
	Quarriers Epilepsy Fieldwork Service provides support for people with epilepsy, their families, carers and professionals.
	www.revolutionforgood.org.uk
Revolution For Good	This is a non-profit service in Moray which provides coaching, counselling and training.
	https://services.actionforchildren.org.uk/moray-sonas-wellbeing-service/
	We aim to provide a range of interventions and supports that are targeted to improve mental health and wellbeing of children, young people and families.
Sonas Action for Children Moray Wellbeing Service	We use accredited evidence programmes alongside family support providing for a diverse range of needs. We work to make sure every child and young person has the love, support and opportunity they need to reach their full potential. Sonas provides a Wellbeing Service for the whole family.
	Referrals can also be made by email sonas@actionforchildren.org.uk
	This service is not specific to Children with Disabilities but some resources may be accessible for some Children with Disabilities.
	www.ssafa.org.uk/scotland
CCAFA	www.ssafa.org.uk/moray-nairn-banffshire
SSAFA	Support for families who work or have worked for the armed forces in Moray, including advice, signposting and support including practical and financial support.
	https://www.morayfoodplus.org.uk/community-projects/ Located on Elgin High St
The Bosie Family Centre	The Bosie is our warm and welcoming family centre in Elgin where we run cooking sessions to children, adults and families; parenting groups; and after-school supper clubs.
	Working with local partner organisations we have been able to expand what we can offer and are delighted to be working with new groups. We are also pleased to welcome Moray Firth Credit Union once a week to promote their services, saving suggestions and information of affordable loans.

Finances	
	www.moray.gov.uk/moray_standard/page_111452.html
	0300 123 4563
	Our Income Maximisation Officers can help anyone in Moray who is of working age and would like help with their benefits. We will carry out free and confidential benefit checks to ensure you are receiving your full and correct benefit entitlement.
Benefits Advice and Income Maximisation Team	 Provide general benefit advice in relation to all UK and Scottish Government administered benefits Ensure your income is maximised by checking you are receiving all the benefits you should be
	Help you to complete benefit application forms
	Help you with budgeting and create a personal budget, giving you more
	control and helping make your money go further
	Refer you to other services for further help, advice and support
	https://www.mygov.scot/child-disability-payment
	Child Disability Payment provides support for the extra costs that a disabled child might have.
	Child Disability Payment replaces Disability Living Allowance (DLA) for children and young people living in Scotland.
	You can apply for Child Disability Payment for a disabled child under 16. The disability can be mental or physical.
Child Disability Payment	Social Security Scotland will pay Child Disability Payment until the child is 18. They can sometimes continue making payments after the child is 18.
[Formerly Disability Living Allowance (DLA)]	There are two components of Child Disability Payment, 'Care' and 'Mobility'.
Allowance (DLA)]	Scottish Child Disability Payment rates:
	Rate of Care Component (Correct July 2022)
	o Low £24.45 per week
	o Middle £61.85 per week
	o High £92.40 per week
	Rate of Mobility Component (Correct July 2022) o Lower £24.45 per week
	o Higher £64.50 per week

	Help to apply for Child Disability payment is available via Citizen's Advice Bureau, Voice Ability and Moray Council Income Maximization Team.
	www.gov.uk/carers-allowance
Carer's Allowance	Carer's Allowance is a benefit paid to carers by the UK Government through the Department of Work and Pensions. It is presently £67.60 a week and the amount is reviewed annually.
	Carer's Allowance is not a means tested benefit, which means it is not based on your and/or any partner's income and capital, nor is it dependent on your National Insurance record. However, there is a cap on how much you can earn from work and still be entitled to Carer's Allowance.
	0808 808 4000 www.nationaldebtline.org/S/Pages/default.aspx
Money Advice Helpline	National Debtline. Providing free impartial debt advice from experts who care.
	www.motability.co.uk
Motability Scheme	The Motability Scheme provides an affordable, worry-free way for people (including Children over the age of 3 years) with disabilities to lease a car, scooter or powered wheelchair in exchange for their mobility allowance. The Scheme is operated by Motability Operations Ltd, under contract to Motability, a registered Charity.
National Entitlement Card	A Child who is awarded Disability Living Allowance may be entitled to a Bus Pass to allow them to travel free with a carer by bus.
	www.scotland.shelter.org.uk
Shelter Scotland Housing Support	Independent Housing advice and support in relation to private renting, homelessness and repairs.
	www.voiceability.org
Voice Ability	Anyone in Scotland who self-identifies as disabled, can get advocacy support to help them to understand and access Social Security Scotland benefits (including Child and Adult Scottish Disability Payment).
	Support is also available for parents, guardians, or carers who are accessing benefits for a disabled child. Or for parents, guardians, or carers who are disabled and want support to access social security benefits for their child.
	https://www.homeenergyscotland.org/funding/warmer-homes-scotland/
Warmer Homes	Warmer Homes Scotland is designed to help vulnerable people make their homes warmer and more comfortable by installing a range of energy saving measures.

	The Scottish Government is offering assistance to homeowners and private sector
	tenants struggling to heat their home, who have lived in their property for at least
	twelve months, and who meet the qualifying criteria.

Young Adults	
Transitions	A Child with a Disability who requires Social Care and Support from Social Work may transition to receive support via Adult Services when they turn 18 years of age or when they leave Secondary School, whichever occurs latest. Adult Services will consider their own eligibility criteria. Further information on Transitions can be found here: https://scottishtransitions.org.uk/blank/wp-content/uploads/2017/01/complete-POGT3_A4-version.pdf The updated Moray Council Transition Policy (Draft 2020) can be found here: http://www.moray.gov.uk/downloads/file135124.docx
DWP and SSS Appointee (Young People 16 years and older)	www.gov.uk/become-appointee-for-someone-claiming-benefits You can apply for the right to deal with the benefits of someone who cannot manage their own affairs because they're mentally incapable or severely disabled. Only 1 appointee can act on behalf of someone who is entitled to benefits (the claimant) from the Department for Work and Pensions (DWP).
Welfare Guardianship Scotland (Young People 16 years and older)	https://www.mwcscot.org.uk/the-law/adults-with-incapacity-act/welfare-guardianship By law, if an adult is unable to make key decisions or take necessary actions to safeguard their own welfare, a court can appoint a 'welfare guardian' to do this for them. Welfare guardians can make decisions about where a person lives, as well as about their personal and medical care. A Parent or Carer should seek legal advice when the child reaches the age of 15 years and 9 months. There may be an initial cost to seek advice and guidance in relation to Welfare and Financial Guardianship via a Solicitor.
Financial Guardianship Scotland (Young People 16 years and older)	www.mwcscot.org.uk/the-law/adults-with-incapacity-act/financial-guardianship The Adults with Incapacity (Scotland) Act 2000 introduced some new arrangements for making decisions and taking actions to safeguard the personal welfare, property, and financial affairs of adults whose capacity to do so is impaired. A Parent or Carer should seek legal advice when the child reaches the age of 15 years and 9 months. There may be an initial cost to seek advice and guidance in relation to Welfare and Financial Guardianship via a Solicitor.
Independent Living Fund:	

Transition Fund	https://ilf.scot/transition-fund/
	Are you aged 16-21, and living with a disability in Scotland? You could be eligible for up to £7,500 in funding, for 1 year, from the Transition Fund! We can support you to try new activities and experiences that will enhance your independence, confidence and help you to spend more time with other people.
Personal Independence Payment (PIP) (Young People 16 years and older)	www.gov.uk/pip In Scotland, this benefit is now called Adult Disability Payment. This replaces DLA / Child Disability Payment for those aged 16 years and older.
Power of Attorney (Young People 16 years and older)	www.mwcscot.org.uk/the-law/adults-with-incapacity-act/power-of-attorney A power of attorney is authority given by an individual with capacity, known as the Granter, to another person(s), known as the Attorney(s), to deal with aspects of the Granter's affairs.
S47 Certificate (Young People 16 years and older)	Under the Adults with Incapacity Act, a person over 16 years old who is unable to consent to treatment will require a S47 Certificate signed by their GP. This allows their parent or carer to consent to routine medical and dental treatment.
	www.scottishtransitions.org.uk
	Our vision is for all young people (14 to 25 years) who require additional support get the information and help they need to live the lives they want. Objectives:
Scottish Transitions Forum	 Facilitate partnerships and collaboration that puts young people at the centre of their support Lead the implementation of the 'Principles of Good Transitions' Empower young people to be the voices of change
	The Scottish Transitions Forum began in 2008 and currently there are over 850 members representing a wide range of professionals, young people, parents and carers.
	Membership is free and is open to anyone who is committed to improving transitions for young people with additional support needs.

Charitable Grant Providers	
	www.archie.org
Archie Foundation	A children's charity with a family of funds, all different, but with the same aim – to make the difference to children's healthcare.
	https://asksara.dlf.org.uk
AskSARA	AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled adults and children.
	www.buttercupchildrenstrust.org.uk
Buttercup Children's Trust	Buttercup Children's Trust is here to help seriously ill children and their families to overcome the pressures of dealing with disabilities and life hindering illnesses. We are constantly approached by Social Services, Hospitals, Medical practitioners and by families directly for assistance with such things as vital medical equipment, vital sensory equipment in addition to travel costs and respite to name a few.
	We also provide support and advice.
	www.caudwellchildren.com
Caudwell Children	We provide the life-changing support disabled children need to lead happy, active and independent lives.
	www.childrenshopefoundation.org.uk
Children's Hope Foundation	Children's Hope Foundation endeavours to improve the quality of life for children and young people affected by illness, disability or poverty in a responsive and age-appropriate manner.
	https://www.crackerjacks.org.uk/
Crackerjacks	Grants of up to £700 for Specialist Equipment, Sensory Toys and Respite Breaks.
	www.disability-grants.org
Disability Grants	This website is a guide to some of the funding and grants available.
	https://www.douglasbaderfoundation.com/bader-braves
Douglas Bader Foundation Bader Braves	Aviation Days: Bader Braves supports children with limb loss and other physical disabilities by offering unique experiences and improving life-skills to increase confidence.
	Grants: The scheme may help towards or provide the equipment, training, services, further education or other practical support required by the successful applicant.

	https://www.rotary-ribi.org/clubs/homepage.php?ClubID=28
Elgin Rotary Club	Davie Small Secretary@Elgin.rotary1010.org
	Elgin Rotary Club considers donations to individuals or groups based on information supplied on the Application for Funding Assistance forms.
	https://www.elifarfoundation.org.uk/
ELIFAR Foundation	The Elifar Foundation welcomes applications by, or on behalf of, individual children or young adults with any form of physical or learning disability.
	www.familyfund.org.uk
Family Fund	The Family Fund is the UK's largest provider of grants to families living on the lowest incomes. It provides grants to families who are raising a disabled or seriously ill child aged 17 and under. Families can apply directly and do not need Social Work Referral.
	https://familyholidaycharity.org.uk/
Family Holiday Charity	Charity providing support to Low Income families towards Holiday Funding. Referral needed from Professional.
	http://fnaist.org.uk/
Florence Nightingale Aid in	The Florence Nightingale Aid in Sickness Trust provides life enhancing grants to help people of all ages in need who are ill, convalescent or disabled.
Sickness	These grants are used to provide medical and household aids to alleviate sickness and make a huge difference to people's ability to manage at home and live as independently as possible.
	www.givethemasportingchance.com
Give Them a Sporting Chance	Give Them a Sporting Chance was started in 1990 to give people fun, life changing experiences and an opportunity to see beyond themselves.
	https://www.happydayscharity.org/
Happy Days Children's Charity	'Our aim is to help as many people as we can by funding trips, experiences, respite breaks and group activity holidays for those who need them most. Details of the different types of trips that we offer can be found below but if you need further help, please give us a call on <u>01462 530 710</u> ' Families can apply directly and do not need Social Work Referral.
	https://www.hcpt.org.uk/
HCPT Pilgrimage Holidays	Catholic Charity supporting Pilgrimage Holidays for children and families with disabilities. Families can apply directly and do not need Social Work Referral.

	https://hospitalsaturdayfund.org/
	The Hospital Saturday Fund is a registered charity whose aims are to provide assistance for registered health charities, hospices, medical organisations and individuals with a medical condition or disability.
Hospital Saturday Fund	We can provide grants for medical projects, care, research or support of medical training within the United Kingdom and Republic of Ireland.
	For individuals, we can provide help with the purchase of specialised equipment or forms of treatment.
	http://www.independenceathome.org.uk/
Independence at Home	Independence at Home is a charity that provides grants to people of all ages who have a physical or learning disability or long term illness and who are in financial need. We may be able to help you if you, or a member of your family, have a long term illness or disability and need financial help towards the cost to improve your independence, comfort, safety and quality of life at home.
	Any professional worker from health, social care, housing or a charity, who is supporting the individual requiring assistance, is capable of assessing their needs and willing to act on their behalf, is eligible to make a Grant Application to Independence at Home.
	www.keanesstars.co.uk
Keane's Stars	Keane's Stars is a Children's charity that supports children with disabilities in the Moray area. The charity mainly focuses on supporting Children and their families who may require support with travel expenses/living costs if their child is admitted to hospital. However, the Charity have supported other requests.
	www.merlinsmagicwand.org
	Merlin's Magic Wand is a children's charity that supports children facing challenges of serious illness, disability or adversity around the world.
Merlin's Magic Wand	The Charity provide tickets and fund travel grants to families to enjoy their day at a Merlin Entertainments' attractions, such as LEGOLAND Resort® theme parks, SEA LIFE Centres, and Madame Tussauds. On our magical days out, families have a chance to create long-lasting memories and take valuable time out from their stressful daily routine.
	www.cashforkids.uk.com
MFR Cash for Kids	Each year Cash for Kids supports thousands of children from birth to 18 years old who are ill, disabled, underprivileged or who simply need extra care and guidance. We do this by providing grants to individual children, other children's charities, community groups, schools and health organizations across the UK.

	https://www.mothersunion.org/projects/away-from-it-all
Mother's Union	Church Based Organisation supporting families to access funding for holidays. People can nominate themselves or their friends but anyone applying for a holiday will also be asked to provide details of someone who knows them in a professional capacity, such as a vicar, teacher, or social worker.
	www.newlifecharity.co.uk/docs/care-services/Newlife-Equipment-Grants.shtml
	0800 902 0095
Newlife	Service includes Equipment Grants, Emergency Equipment Loans and a free Helpline. Newlife's Care Services Helpline provides professional confidential care and support to families and professionals caring for disabled and terminally ill children.
	www.otw.org.uk
Over the Wall	We are a national charity that supports children and young people facing serious health challenges through transformational residential camps in communities across the UK.
	http://www.sunnydaysfund.org.uk/Grant.shtml
Sunny Days Fund	Grants: We make small grants (up to £400) to enable us to help as many children and their families as possible.
, ,	Holiday Homes: We have two holiday homes that enable us to provide week long breaks to families of children that meet our criteria.
	www.takeabreakscotland.org.uk
Take a Break Scotland	Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and much, much more.
	www.tartanarmychildrenscharity.org.uk
Tartan Army Children's Charity	We spend all year raising as much money as possible to support disadvantaged children in Scotland and in the countries we visit to watch Scotland play.
	www.theboparancharitabletrust.com
The Boparan Charitable Trust	We are passionate about transforming the lives of children with disabilities, life-limiting illnesses and those who are in extreme poverty across the UK.
	https://www.newmantrust.org/
The Newman Holiday Trust	The Newman Holiday Trust provides holidays to families and children with disabilities. Families can apply directly and do not need Social Work Referral.

	www.treeofhope.org.uk 01892 535 525
Tree of Hope	A fundraising charity supporting children's healthcare needs.
	Tree of Hope is the crowdfunding charity that helps children and young people with a disability or illness by supporting their families to raise the money they need to pay for specialist care that is not freely available through the UK healthcare system.
Trefoil	www.trefoil.org.uk
	Trefoil exists to support the development of children and young people with additional needs, to enable them to maximise their capabilities and achieve as much independence as possible.
	Personal Development Grants and Lilas Finlay Holiday Fund
Trewan Sands Children's Trust	www.tsctrust.org
	Trewan Sands offer holidays through various holiday companies and other charitable organizations.
Variety	www.variety.org.uk
	Grants for sensory, play equipment, wheelchairs. Families can apply on their own behalf.
Wish Upon A Star	www.whenyouwishuponastar.org.uk
	When You Wish Upon A Star aim to grant the wishes of children between 2 and 16 years old who are living with a terminal illness.

National Support Organisations		
	www.abbiessparklefoundation.org	
Abbie's Sparkle Foundation	We are a Scottish Children's Charity providing support for children with Cancer across the UK. We know how important it is to live every moment of every day to the full and Abbie's Sparkle Foundation is here to spread Abbie's Sparkle to help brighten a child's day sparkle.	
	www.addiss.co.uk 020 8952 2800	
ADDISS ADHD Information Services	We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.	
	www.aspergerfoundation.org.uk	
Asperger's Syndrome Foundation	The Asperger's Syndrome Foundation is committed to promoting awareness and understanding of Asperger's Syndrome.	
	www.cerebralpalsyscotland.org.uk	
Cerebral Palsy Scotland (Formerly Bobath Centre Scotland)	Therapy is available for any child in Scotland who is under the age of 18, and who has a primary diagnosis of cerebral palsy.	
	<u>www.cerebra.org.uk</u> 0800 328 1159	
Cerebra	Online source of information and support for parents of children with brain conditions.	
	www.chas.org.uk	
Children's Hospices Across Scotland (CHAS)	For over twenty years CHAS has been offering a full family support service for babies, children and young people with life-shortening conditions.	
	www.disabledliving.co.uk	
Disabled Living	Disabled Living is a charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled adults, children, older people, carers and the professionals who support them.	
	In addition, we support people with bladder and bowel problems through our service, Bladder & Bowel UK.	
	www.dsscotland.org.uk	
Down's Syndrome Scotland	Our Family Support Service provides an 'all through life' service to families all across Scotland. If you are a parent, grandparent, or carer of a child with Down's syndrome, we are here to help.	

	www.epilepsyscotland.org.uk
Epilepsy Scotland	Scotland's Voice for Epilepsy. We offer support services to parents and carers of children who have epilepsy. We can also help you understand the effect epilepsy can have on behaviour, learning and family life.
	www.eric.org.uk
ERIC The Children's Bowel and Bladder Charity	ERIC is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK.
	www.fasdscotland.com
Fetal Alcohol Spectrum Disorders (FASD) Scotland	Information, support and advocacy to families caring for a child affected by FASD.
	www.hacsg.org.uk
HACSH Hyperactive Children's Support Group	The Hyperactive Children's Support Group is a registered charity which has been successfully helping Attention Deficit Hyperactivity Disorder (ADHD) and hyperactive children and their families for over 35 years.
	www.littlebearsees.org
Little Bear Sees	A website that gives information about Cortical Vision Impairment (CVI). 'The goal of the foundation is to provide families in need with the information, products and tools to help their children with cortical visual impairment (CVI) learn to see.'
	www.lhm.org.uk
Little Hearts Matter	We are a national UK charity offering help to anyone affected by the diagnosis of single ventricle heart condition.
	www.mindroom.org
Mindroom	The Salvesen Mindroom Centre is a small independent Scottish charity with a big vision - a world where "no mind is left behind" and every person with a learning difficulty receives the recognition and the support they need to achieve their potential.
National Autistic Society, Scotland	www.autism.org.uk
	0808 800 4104 Mon-Thurs 10am – 4pm, Fri 9am – 3 pm
	NASS provides services and support in different ways at a National level.
	www.ndcs.org.uk
National Deaf Children's Society	This is a national (UK) charity which has an office in Glasgow and family officers across the country. The family officer who supports families in Moray is based in Inverness.

	www.pamis.org.uk
PAMIS	PAMIS is the only organisation in Scotland that works solely with people with profound and multiple learning disabilities and their families for a better life.
Genetic Alliance UK	www.geneticalliance.org.uk
	Genetic Alliance UK run two longstanding projects:
	Rare Disease UK: A campaign focused on making sure the new UK Rare Diseases Framework is as successful as possible, and to ensure that people and families living with rare conditions have access to a final diagnosis, coordinated care and specialist care and treatment.
	SWAN UK: The only dedicated support network in the UK for families affected by a syndrome without a name — a genetic condition so rare it often remains undiagnosed.
	www.craighalbert.co.uk
Scottish Centre for Children with Motor Impairments	Based at the Craighalbert Centre in Cumbernauld, we provide educational and therapy services for children and young people throughout Scotland affected by cerebral palsy and other neurological conditions.
	www.swanscotland.org
Scottish Women's Autism Network (SWAN)	Scottish Women's Autism Network (SWAN) is a network of women each with a unique perspective, shaped by individual experiences and circumstances.
	www.seeandlearn.org
See and Learn	Specialist, evidence-based apps and teaching materials designed to improve language, reading, speech, memory and numeracy outcomes for children with Down's Syndrome.
	www.sensescotland.org.uk
Sense Scotland	'We're a Scottish charity and specialised social care provider supporting people with communication support needs and their families'.
Sleep Scotland	www.sleepscotland.org
	Sleep Support Line 0800 138 6565
	A charity providing support to families of children and young people with additional support needs and severe sleep problems
Spina Bifida Hydrocephalus Scotland	www.sbhscotland.org.uk Helpline 03455 211 300
	Scotland's voice for spina bifida, hydrocephalus and related conditions

	www.butterflytrust.org.uk
The Butterfly Trust	Empowering people with Cystic Fibrosis in Scotland
	www.thegirlwiththecurlyhair.co.uk
The Girl with the Curly Hair The Curly Hair Project	The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like Podcast, animated films, comic strips and diagrams to make our work interesting and easy to understand.
	www.theleannefund.co.uk
The Leanne Fund	The foremost Cystic Fibrosis charity in Scotland, working with individuals and families across the Highlands, Islands and Grampian to provide vital social, practical, emotional and financial assistance - supporting the whole family.
The Scottish Association for Children with Heart Disorders (SACHD)	www.youngheart.info
	National charity providing information and support for children and young adults with heart disorders. Note - Use of Caravan for short holiday breaks in Perthshire.
Together for Short Lives	www.togetherforshortlives.org.uk 0808 8088 100
	We are the UK's leading charity for the 49,000 children living with life-limiting conditions, and their families. We are here to ensure that no child or family is ever left behind when it comes to getting vital care and support.
	www.rarechromo.org Helpline 01883 723 356
Unique	The Rare Chromosome Support Group. To inform, support and alleviate the isolation of anyone affected by a rare chromosome disorder and to raise public awareness.
Winston's Wish	www.winstonswish.org
	National Charity providing information and support to children who have experienced the loss of a loved one.
Young Minds	www.youngminds.org.uk
	Young Minds is a charity working with children, young people, their families & the professionals who support them for better mental health & wellbeing.

Crisis Supports		
NHS 24	www.nhs24.scot Telephone: 111	
	NHS Scotland's 111 service is there to provide urgent health advice out of hours.	
Samaritans Elgin	www.samaritans.org 01343 543 000 24hr Helpline 116 123	
	Mental Health Support in a crisis.	
Out of Hours Social Work	03457 56 56 56	
	Moray Council Emergency Out of Hours Social Work Team can be contacted outwith 'normal' office hours should you require advice or support urgently.	
	http://www.moray.gov.uk/moray_standard/page_84329.html	
Crisis Grant	The Scottish Welfare Fund exists to support vulnerable people in Scotland when they have a crisis. It is normally a one-off grant for living expenses or household goods	
	https://www.aberlour.org.uk/get-help/urgent-assistance-fund	
Aberlour Urgent Assistance Fund	Aberlour's Urgent Assistance Fund can provide immediate relief to families with children (aged 21 and under) who are suffering extreme hardship. Families who are struggling to provide food, heating and clothing for their children. Applications must be endorsed and submitted by a sponsor, acting in their professional capacity.	
	www.morayfoodplus.org.uk 01343 208 293	
Moray Food Plus	Food Parcel for your family home which should last around three days.	
	www.mwaelgin.co.uk 01343 548 549	
Moray Women's Aid	Moray Women's Aid is the largest provider of support services to women and children experiencing Domestic Abuse and Violence throughout Moray.	
	www.turn2us.org.uk	
Turn 2 Us	Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.	
	www.quarriers.org.uk/services/arrows-drug-and-alcohol-support 01343 610 500	
Arrows Drug and Alcohol Support, Moray	Arrows is a service for anyone worried about alcohol and drug use, whether their own or a loved one's.	