



Directory of Services for Children with Disabilities in Moray

Sources of Support Information and Funding



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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.
Children 1 st Parentline	www.children1st.org.uk/help-for-families/parentline-scotland National Parentline 08000 28 22 33 ‘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’.
Contact	www.contact.org.uk 0131 659 2930 Helpline 0808 808 3555 ‘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’.
Enable Scotland	www.enable.org.uk 0300 200 101 / Moray 01343 870 178 ‘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’.
Disability Scotland	www.disabilityscot.org.uk Helpline Monday to Friday 10am – 4pm 0300 323 9961 ‘Disability Scotland provide reliable, accurate and accessible information for people living with Disability in Scotland’.
Kindred	https://www.kindred-scotland.org/ ‘Kindred exists to support parents of children with complex needs’
Council for Disabled Children	www.councilfordisabledchildren.org.uk ‘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-camhs 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.

	In Moray, CAMHS has a specialist Learning Disability Service, including Occupational Therapy, Speech and Language Therapy and Learning Disability Nursing.
Moray Interagency Developmental Assessment and Support (MIDAS)	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: ▪ An 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.
Autism Diagnostic Assessment Pathway Team (ADAPT)	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 - 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 themselves. However, ADAPT will not be the only way that children in Moray can receive a diagnosis of ASD. It is sometimes necessary for a child with complex presentation to be seen and assessed by the Rowan Centre or Paediatrics.
Child Smile NHS Scotland	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.
Mobility and Rehabilitation Service (MARS)	01224 556 841 or 556 012 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

Enquire	www.enquire.org.uk 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.
Educational Psychology Services	www.moray.gov.uk/moray_standard/page_55663.html 01343 550 999 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.
Home School Link Workers	Each school in Moray has a Home School Link Worker assigned to support their pupils and families to address barriers to learning and attendance. 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.
Moray Autism Service	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. 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.
Sensory Education Service	www.moray.gov.uk/moray_standard/page_59423.html 01343 557 921 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.
Home and Flexible Education	http://www.moray.gov.uk/moray_standard/page_53000.html 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.
Social, Emotional and Behavioural Needs (SEBN)	www.moray.gov.uk/moray_standard/page_116126.html 01343 557 914 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.
Earth Time	01343 541 335 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.
Wild Things	https://wild-things.org.uk/ 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	http://www.moray.gov.uk/moray_standard/page_1680.html 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/
Exchange Counselling	www.exchange-counselling.com School-based counselling. Supporting Psychological Wellbeing and Emotional Resilience. Available in Primary and Secondary Schools in Moray.
Pathways Moray	www.moraypathways.co.uk For individuals, Moray Pathways can help point you in the right direction to find opportunities in Education, Training or Employment. 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.
Skills Development Scotland	www.skillsdevelopmentscotland.co.uk 01343 344 006 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.
Stepping Up [Enable Works]	www.enableworks.org.uk 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 progression into employment, education and industry training upon leaving school.

Carer Support

Quarriers 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 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.
Carers Trust Scotland	www.carers.org 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.
Carer Smart Discount Club	www.carersmart.org Carer Smart is a club from Carers Trust, the UK's largest carers charity and is open to carers across the Carers Trust network.
Circles Advocacy	www.circlesnetwork.org.uk/circles-advocacy/ 40-42 Moss Street, Elgin 01343 559 546 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.
Young Carers	Information on support and rights of Young Carers can be found here: https://young.scot/campaigns/young-carers/
Sibs For brothers and sisters of Children with disabilities	www.sibs.org.uk 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

Moray Children’s Rights Service	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/ 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.
Active Schools Moray	http://www.moray.gov.uk/moray_standard/page_52055.html http://sportinmoray.co.uk/mcsh/active-schools/ 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.
Blue Badge Scheme	http://www.moray.gov.uk/moray_standard/page_40008.html 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.

Charlie House	www.charliehouse.org.uk 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.
Children 1 st Moray	01343 564 170 moray@children1st.org.uk Children 1 st carry out a range of services for children and families in Moray.
Citizens Advice Bureau Moray	6 Moss Street, Elgin 01343 550 088 www.moraycab.org.uk/contact.html 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.
Elgin Youth Café	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. 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 Pre-Loved	Happy Little Preloved is a non-profit organisation that supports families, refugees and people in need in Moray. 07716 103 113 happylittlepreloved@outlook.com www.facebook.com/p/Happy-Little-Preloved
Friendly Access SurfABLE and SwimABLE	www.surfable.org.uk Email info@friendlyaccess.org.uk Inclusive swimming and surfing lessons in Moray available to children with additional support needs.

Grampian Children's Bereavement Network	www.gcbn.org.uk Supporting bereaved children and young people in Grampian
Living Golf Moray	www.facebook.com/livinggolf 07570 139657 letsplay@livinggolf.com Living Golf welcomes everyone – golfers and non-golfers of all ages – Living Golf is inclusive and accessible by everyone.
Moray School Bank	www.morayschoolbank.org 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.
Moray Baby Bank	www.moraybabybank.org.uk Email: Moraybabybank@gmail.com Telephone: 07935 223480 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.
Moray Hydrotherapy Pool	www.morayhydrotherapypool.co.uk 01309 672 984 Hydrotherapy Pool in Forres 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.
Moray Riding for the Disabled	www.morayrda.org.uk Cranloch Riding Centre, Near Elgin, IV30 8QX Inclusive Horse Riding for children and adults with a disability in Moray.
Nairn Saturday Club [National Autistic Society]	Glyn Morris www.nasmorayandnairn.org.uk Grigor House, Nairn. One Saturday per month. Parents and children social group.

North East Sensory Services	www.nesensoryservices.org/services-we-offer/support-for-young-people 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.
No Worries in Moray	Via Moray School Bank www.morayschoolbank.org 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. 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.
Out There	Mobile Sensory Bus - See Facebook Page Visits Schools and other locations around Highland and Moray.
Outfit Moray	www.outfitmoray.com 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.
Partners in Policymaking	www.in-controlscotland.org/programmes/partnersinpolicymaking 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.
Priority Services Register	www.psrscotland.com 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.

Quarriers Epilepsy Field Worker	Tara Engelmann 01309 675 900 tara.engelmann@quarriers.org.uk Quarriers Epilepsy Fieldwork Service provides support for people with epilepsy, their families, carers and professionals.
Revolution For Good	www.revolutionforgood.org.uk This is a non-profit service in Moray which provides coaching, counselling and training.
Sonas Action for Children Moray Wellbeing Service	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. 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.
SSAFA	www.ssafa.org.uk/scotland www.ssafa.org.uk/moray-nairn-banffshire Support for families who work or have worked for the armed forces in Moray, including advice, signposting and support including practical and financial support.
The Bosie Family Centre	https://www.morayfoodplus.org.uk/community-projects/ Located on Elgin High St 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	
Benefits Advice and Income Maximisation Team	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. • 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
Child Disability Payment [Formerly Disability Living Allowance (DLA)]	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. Social Security Scotland will pay Child Disability Payment until the child is 18. They can sometimes continue making payments after the child is 18. There are two components of Child Disability Payment, 'Care' and 'Mobility'. 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.
Carer's Allowance	www.gov.uk/carers-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.
Money Advice Helpline	0808 808 4000 www.nationaldebtline.org/S/Pages/default.aspx National Debtline. Providing free impartial debt advice from experts who care.
Motability Scheme	www.motability.co.uk 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.
Shelter Scotland Housing Support	www.scotland.shelter.org.uk Independent Housing advice and support in relation to private renting, homelessness and repairs.
Voice Ability	www.voiceability.org 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.
Warmer Homes	https://www.homeenergyscotland.org/funding/warmer-homes-scotland/ 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.
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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.mwscot.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.mwscot.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.mwscot.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.
Scottish Transitions Forum	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: • 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	
Archie Foundation	www.archie.org A children's charity with a family of funds, all different, but with the same aim – to make the difference to children's healthcare.
AskSARA	https://asksara.dlf.org.uk 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.
Buttercup Children's Trust	www.buttercupchildrenstrust.org.uk 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.
Caudwell Children	www.caudwellchildren.com We provide the life-changing support disabled children need to lead happy, active and independent lives.
Children's Hope Foundation	www.childrenshopefoundation.org.uk 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.
Crackerjacks	https://www.crackerjacks.org.uk/ Grants of up to £700 for Specialist Equipment, Sensory Toys and Respite Breaks.
Disability Grants	www.disability-grants.org This website is a guide to some of the funding and grants available.
Douglas Bader Foundation Bader Braves	https://www.douglasbaderfoundation.com/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.

Elgin Rotary Club	https://www.rotary-ribi.org/clubs/homepage.php?ClubID=28 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.
ELIFAR Foundation	https://www.elifarfoundation.org.uk/ The Elifar Foundation welcomes applications by, or on behalf of, individual children or young adults with any form of physical or learning disability.
Family Fund	www.familyfund.org.uk 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.
Family Holiday Charity	https://familyholidaycharity.org.uk/ Charity providing support to Low Income families towards Holiday Funding. Referral needed from Professional.
Florence Nightingale Aid in Sickness	http://fnaist.org.uk/ 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. 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.
Give Them a Sporting Chance	www.givethemasportingchance.com Give Them a Sporting Chance was started in 1990 to give people fun, life changing experiences and an opportunity to see beyond themselves.
Happy Days Children's Charity	https://www.happydayscharity.org/ '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.
HCPT Pilgrimage Holidays	https://www.hcpt.org.uk/ Catholic Charity supporting Pilgrimage Holidays for children and families with disabilities. Families can apply directly and do not need Social Work Referral.

Hospital Saturday Fund	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. 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.
Independence at Home	http://www.independenceathome.org.uk/ 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.
Keane's Stars	www.keanesstars.co.uk 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.
Merlin's Magic Wand	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. 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.
MFR Cash for Kids	www.cashforkids.uk.com 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.

Mother's Union	https://www.mothersunion.org/projects/away-from-it-all 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.
Newlife	www.newlifecharity.co.uk/docs/care-services/Newlife-Equipment-Grants.shtml 0800 902 0095 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.
Over the Wall	www.otw.org.uk We are a national charity that supports children and young people facing serious health challenges through transformational residential camps in communities across the UK.
Sunny Days Fund	http://www.sunnydaysfund.org.uk/Grant.shtml 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.
Take a Break Scotland	www.takeabreakscotland.org.uk 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.
Tartan Army Children's Charity	www.tartanarmychildrenscharity.org.uk 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.
The Boparan Charitable Trust	www.theboparancharitabletrust.com We are passionate about transforming the lives of children with disabilities, life-limiting illnesses and those who are in extreme poverty across the UK.
The Newman Holiday Trust	https://www.newmantrust.org/ The Newman Holiday Trust provides holidays to families and children with disabilities. Families can apply directly and do not need Social Work Referral.

Tree of Hope	www.treeofhope.org.uk 01892 535 525 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.whenyowishuponastar.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	
Abbie's Sparkle Foundation	www.abbiessparklefoundation.org 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.
ADDiSS ADHD Information Services	www.addiss.co.uk 020 8952 2800 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.
Asperger's Syndrome Foundation	www.aspergerfoundation.org.uk The Asperger's Syndrome Foundation is committed to promoting awareness and understanding of Asperger's Syndrome.
Cerebral Palsy Scotland (Formerly Bobath Centre Scotland)	www.cerebralpalsyscotland.org.uk Therapy is available for any child in Scotland who is under the age of 18, and who has a primary diagnosis of cerebral palsy.
Cerebra	www.cerebra.org.uk 0800 328 1159 Online source of information and support for parents of children with brain conditions.
Children's Hospices Across Scotland (CHAS)	www.chas.org.uk For over twenty years CHAS has been offering a full family support service for babies, children and young people with life-shortening conditions.
Disabled Living	www.disabledliving.co.uk 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.
Down's Syndrome Scotland	www.dsscotland.org.uk 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.

Epilepsy Scotland	www.epilepsyscotland.org.uk 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.
ERIC The Children's Bowel and Bladder Charity	www.eric.org.uk ERIC is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK.
Fetal Alcohol Spectrum Disorders (FASD) Scotland	www.fasdsotland.com Information, support and advocacy to families caring for a child affected by FASD.
HACSH Hyperactive Children's Support Group	www.hacsg.org.uk 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.
Little Bear Sees	www.littlebearses.org 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.'
Little Hearts Matter	www.lhm.org.uk We are a national UK charity offering help to anyone affected by the diagnosis of single ventricle heart condition.
Mindroom	www.mindroom.org 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.
National Deaf Children's Society	www.ndcs.org.uk 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.

PAMIS	www.pamis.org.uk 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.
Scottish Centre for Children with Motor Impairments	www.craighalbert.co.uk 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.
Scottish Women's Autism Network (SWAN)	www.swanscotland.org Scottish Women's Autism Network (SWAN) is a network of women each with a unique perspective, shaped by individual experiences and circumstances.
See and Learn	www.seeandlearn.org Specialist, evidence-based apps and teaching materials designed to improve language, reading, speech, memory and numeracy outcomes for children with Down's Syndrome.
Sense Scotland	www.sensescotland.org.uk '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

The Butterfly Trust	www.butterflytrust.org.uk Empowering people with Cystic Fibrosis in Scotland
The Girl with the Curly Hair The Curly Hair Project	www.thegirlwiththecurlyhair.co.uk 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.
The Leanne Fund	www.theleannefund.co.uk 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.
Unique	www.rarechromo.org Helpline 01883 723 356 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.
Crisis Grant	http://www.moray.gov.uk/moray_standard/page_84329.html 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
Aberlour Urgent Assistance Fund	https://www.aberlour.org.uk/get-help/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.
Moray Food Plus	www.morayfoodplus.org.uk 01343 208 293 Food Parcel for your family home which should last around three days.
Moray Women's Aid	www.mwaelgin.co.uk 01343 548 549 Moray Women's Aid is the largest provider of support services to women and children experiencing Domestic Abuse and Violence throughout Moray.
Turn 2 Us	www.turn2us.org.uk Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.
Arrows Drug and Alcohol Support, Moray	www.quarriers.org.uk/services/arrows-drug-and-alcohol-support 01343 610 500 Arrows is a service for anyone worried about alcohol and drug use, whether their own or a loved one's.