

Please ensure you contact the organisation before attending your first session.

Arts

Activity	Venue	When	Description	Age/ Disability	Contact
Makaton Choir	Bar 44, Perth	Monday 6.30-8pm	Fun way to learn Makaton	All	taysidemakatonchoir@gmail.com
Rock Choir	St Matthews Church	Tuesday 10-11.30am Wednesday 8-9.30pm	Fun Choir	All	rachelleitch@rockchoir.com 01252 714276 www.rockchoir.com
Stepping Stones	North Inch Campus	Every Friday	The Stepping Stone Theatre Company is an all abilities drama group	Adults with Learning Disabilities	For more information, contact Kinnoull Community Day Opportunities on 01738 472340
Let's Dance	Perth Blairgowrie Crieff Perth	Tuesday 6-7pm Tuesday 10.15-11.15am Thursday 5.30-6.30pm Saturday 3.15-4.15pm	Dance Group	All All All Children	Peter Royston Call 01738 477730
Adaptive Performances	Perth Concert Hall and Theatre	Various	The Horsecross Creative Learning team offer a variety of workshops for all abilities in drama, music and dance.	All	creativelearning@horsecross.co.uk Find the upcoming performance visit www.horsecross.co.uk/visit-us
Inspiration Orchestra			Disabled people enabled to play beautiful music. Pupils have individual lessons and perform monthly public concerts.	All	ianwhite.musician@gmail.com Ian white – 07541270983
For Arts Sake	Scone and Pitlochry	Drop In	Pottery Painting for everyone	All	forartsake@btconnect.com 01738 552187 www.forartsake.info
Strathearn Art Space	Comrie Street, Crieff	Various	Community based project with local groups	All	info@strathearnartspace.co.uk 01764 655556
Culture PK	Museum, Galleries and Libraries	Various	Adapted sessions and areas for learning and computer use	All	http://www.culturepk.org.uk/
Artvantage	Glenearn Campus Scott Street Methodist Church	Monday – 2.30-4.30pm Wednesday 10.30-1.30pm	Artvantage is an initiative to showcase the artwork of individuals with disadvantages.	All	datapertth@gmail.com
Inclusive Dance Group	Inspire Studio	Thursday 5.30-6.15	Inclusive Dance Group	All	info@inspiredancestudioslimited.co.uk

Community Groups/Social Activities

Activity	Venue	When	Description	Age/Disability	Contact
Andy's Man Club	McDiarmid Park	Monday 7pm	Peer Support group offer a safe space for guys to come and get stuff off their chests and help challenge the stigmas of mental health in men	Mental Health	scotland@andysmanclub.co.uk
FUN	Various	Various	Opportunity to meet new people and try fun activities	Adults with Learning Disability	MHampton@pkc.gov.uk
Advocacy Group	CILPK Office 90 Tay Street	First Thursday of the month – 3-4pm	A chance to discuss relevant issues in the area that may affect disabled people	All	info@cilpk.org.uk
Dementia Café	North Church, Perth	First Wednesday of the month 10-12.30pm	Drop in Café	People with dementia, their family, caregivers and friends	Diane McLellan 01738 476831 Andy Bennett 01738 474566
Health and Wellbeing Café	316, Salvation Army Café	Every Wednesday – 2-4pm	A safe and friendly environment for everyone to drop in	All	Diane McLellan 01738 476831 Andy Bennett 01738 474566
Making Where We Live Better	Glenearn Community Campus	Last Thursday of the month – 10-12pm	A chance to discuss issues around housing and local community	Adults with Learning Disability	dfinnie@pkc.gov.uk
PUSH	55 South Methven St, Perth	Various	Promotes independence, self-direction and employment opportunities	Adults with a Learning Disability	manager@pushinfo.org 01738 621929
Rosie's Garden	3 Grosvenor House Shore Road Perth	Tuesday and Thursday	Supporting adults with complex needs to learn, grow and develop to enjoy horticulture and nature	Learning and Physical Disability	Turning point hazelsym@turningpointscotland.com
Ups and Downs Group	The Madoch Centre, St Madoes	3 rd Sunday of the month – 2.30-4pm	This is a monthly group for babies to older primary school age children with Down's syndrome and their families. We provide a great opportunity for families to meet and discuss experiences and offer support where required to other parents. The children also get a great learning experience and we encourage siblings to come and join in the fun too.	Down's Syndrome	01738 860819
MS Society	Blaigowrie Kinross Perth	1 st Tuesday of Month 3 rd Tuesday of Month 4 th Thursday of Month	MS Society is a community of people that pool their experience, expertise and voices to drive change and help people live more positively with MS	Multiple Sclerosis	perthkinross@mssociety.org.uk 07552 368 216

ADHD Group	Unit 5, Tayview Industrial Estate, Perth	Various sessions	Provide Help, Support, Information and Services to children, young people and families suffering from, or dealing with Attention Deficit Hyperactivity Disorder (ADHD) and other social, emotional and behavioural disorders.	ADHD	adhdperth@aol.co.uk
Moveahead		Please contact	Local based support service. It aims to help people regain confidence self-esteem and enhance individual skills and encourages people to realise their full potential	Mental Health	01738 413075
Headway	The Gateway, Perth	Every 2 nd Wednesday	Offer free support, information and services for people with a brain injury, their families and carers.	Brain Injury	07826519567 Scotlandeast.regional.coordinator@headway.org.uk
Cornerstone Disco	Tulloch Institute	First Wednesday of the Month 18:30- 21:30	Disco Raffle Dance competitions	All	01738 450411
Suicide and self - harm support group	Please contact		Suicide and Self Harm or SHH is a support group for those affected by suicide or self-harming within their families.		07834193257 Kirstie.howell@gmail.co.uk
Community Tea Dance	New Rannoch Centre, Shuna Court	Last Friday of month 1-2.30pm	Entertainment included. Open day for the community to come and be involved	All	Aileen or Diane – 01738 474566
Little Buds Baby and Toddler Group	Fairview School, Perth	Monthly on Tuesdays during term time between 1:30pm and 3pm.	The Little Buds Baby and Toddler Group is for wee ones who have an identified hearing loss or visual impairment		Lesely McGuigan/Audrey Cowie 01738 472481 LJMcGuigan@pkc.gov.uk

Various Activities

Activity	Venue	When	Description	Age/Disability	Contact
Giraffe	Various	Various	Different activities are offered – email to find out more information	Adults with a Learning Disability	info@checkin-giraffe.uk 01738 449227
Ship and Splash	Various	Various	Support, help and integration for young people with additional support needs	Children with additional support needs	manager@ship-perthshire.co.uk
One Stop Shop/Autism Initiatives	Various	Various	Free person-centred support service, offers a wide range of advice, information and activities.	Adults with Autism Spectrum condition	Claire.nicol@aisscotland.org.uk
Walled Garden	Muirhall Road, Perth	Various	Part of PKAVS mental health and wellbeing hub, giving new skills, experience and confidence	Mental Health	01738 631777 admin@pkavs.org.uk

PKAVS	Various	Various	Enhancing Lives and Connecting Communities throughout Perth & Kinross.	All	01738 567076 admin@pkavs.org.uk
Perth Autism Support	Market Street, Perth	Various Activities are available	Support children and young adults under 18 to provide quality autism specific services	Autism Spectrum	01738 451081 info@perthautismsupport.org.uk
Vision PK	New Row, Perth	Various times	Various groups for people with a sensory impairment	Sensory Impairments	01738 626969 info@visionpk.org.uk
Sparks	Loch Leven Camus, Kinross	Thursday 1-3pm	Group of adults with disabilities who meet for a blether and various activities	All	01577 867216 rgray@pkc.gov.uk
Strathearn Building Bridges	Various	Various	The Strathearn Building Bridges groups aims to build bridges into a better quality of life for people living with learning and other disabilities and their carers in the Strathearn area.	All	gcharleson@btinternet.com facebook @StrathearnBuildingBridges
PLUS	Various	Various	Mental health group that work with the community on various issues to support recovery	Mental Health	01738 626242 plusperth@msn.com

Education and Employment

Activity	Venue	When	Description	Age/Disability	Contact
Duke of Edinburgh		Various	We run our Perth Open Group where young people can come along on a weekly basis and participate in fun, interactive training and activities that will go towards their Duke of Edinburgh Award. Here, they are supported by trained and passionate volunteers and can meet and socialize with new friends each week.	14-25 year olds	office@pkdofe.com 01738 627455
Perth College	Crieff Road, Perth	Various	Provide a wide range of courses for people with a variety of personal and learning needs, we provide a full range of reasonable adjustments to effectively support the student	Adults	Pc.admissions@perth.uhi.ac.uk
Skills Development Scotland	33-35 South Street	Please contact	We support individuals to build their career management, work based and employability skills	All	01738 637639
Employability Network	41d St Catherine's Road	Please contact	To improve employability services for young people and adults with additional challenges and barriers to work	Learning Disability	contact@pkemploy.net

Useful Contacts

Name	Description	Contact Details
Centre for Inclusive Living Perth and Kinross	CILPK is a user led disability organisation that promotes a barrier free, inclusive and equality minded environment for all disabled people, one that promotes independence and is based on dignity, choice and control. We offer a range of services designed to ensure better access, greater equality of experience and meaningful improvements in our right to live independently.	info@cilpk.org.uk 01738 587282
Independent Advocacy	We support people who are vulnerable or disadvantaged through disability, illness or life circumstances, including people who are experiencing mental health problems or have learning disabilities (including children and young people), dementia, and people who are unpaid Carers, to have their voices heard by providing Independent Advocacy so that they are involved in decisions which affect their lives.	01738 587887 info@iapk.org.uk
Chest Heart and Stroke Scotland	<ul style="list-style-type: none"> • HOSPITAL REHABILITATION SERVICE • COMMUNITY REHABILITATION 1 TO 1 • COMMUNITY REHABILITATION GROUP • PEER SUPPORT GROUPS- 	Hazel Staniforth, Tel. 01738 783887 Hazel.staniforth@chss.org.uk
NHS Tayside	Hearing aid Drop in Clinics – Available in Blairgowrie, Perth, Auchterarder, Crieff and Kinross	01382 596965, audiologydundee.tayside@nhs.net
Perth Access Cars	A charitable organisation formed to provide road transportation for wheelchair users and other physically disabled persons	01738 639134 perthaccesscars@btconnect.com
Outside the Box	Support Choices is a new project that helps people living in Perth and Kinross to get the social care and support that they need	www.otbds.org supportchoices@otbds.org
PKC	<p>Welfare Rights - https://www.pkc.gov.uk/welfarerights</p> <p>Community Alarm - https://www.pkc.gov.uk/article/14642/Telecare-service</p> <p>Self-Directed Support - https://www.pkc.gov.uk/selfdirectedsupport</p> <p>Blue Badge Renewals – https://www.pkc.gov.uk/bluebadgescheme</p> <p>Residential Disabled Parking Bay – https://www.pkc.gov.uk/article/14747/Residential-disabled-parking-bay</p> <p>Bus Pass - https://www.pkc.gov.uk/article/14969/Bus-passes-for-people-with-disabilities</p> <p>Day Opportunities - https://www.pkc.gov.uk/article/14288/Community-day-opportunities-</p> <p>Keep Safe Scheme - https://www.pkc.gov.uk/safeplace</p> <p>Transitions services - https://www.pkc.gov.uk/article/14576/Transitions-services</p> <p>Thistle Card - https://www.pkc.gov.uk/article/14296/Thistle-Assistance-Card</p> <p>Independent Travel - https://www.pkc.gov.uk/article/14290/Travelling-independently</p>	

RVS	Royal Voluntary Service volunteers provide practical support for older people in need so that they can live more independent lives. They provide companionship for lonely or isolated people, help with practical tasks like shopping and driving clients to appointments and deliver books from local libraries.	01738 633975 taysidehub@royalvoluntaryservice.org.uk
Safe Place Meetings	A partnership with PKC and CILPK has quarterly meetings about relevant issues that disabled people have. To find out more about the meetings please contact us.	01738 587282 info@cilpk.org.uk
PAMIS	Promoting a more inclusive society. We support people with profound and multiple learning disabilities, PMLD - their families, carers and professionals.	tayside@pamis.org.uk 01382 385154
Live Active Leisure	Live Active provide various activities and discounts for people with disabilities	https://www.liveactive.co.uk/Kinross/people-with-a-disability Wellbeing Team – 01738 454650
Perth and Kinross Disability Sport	PKDS provide various activities and have information about all the sports sessions in the area for disabled people	info@pkds.org.uk
Shop Mobility	Perth Shopmobility is a PKAVS project which lends wheelchairs and scooters to people with mobility impairment. The project is a lifeline for hundreds of older and disabled people as it allows them to retain their independence and continue taking part in local communities.	shopmobility@pkavs.org.uk 01738 783960
Safer Community Wardens	Work closely with community groups to identify and address areas of concern	sct@pkc.gov.uk 01738 476173