



KinSHIP

Aberdeen



Guide to Supports Available to Kinship Families

In this resource we have tried to pull together all of the support agencies and teams that you, your family and child or young person may need. We are aware that for those of you that live out with Aberdeen City, you can sometimes feel that there are less supports available to you.

In this Guide, we have highlighted those which are national resources but if there is a particular support needed, please contact us directly. We hope that you find it useful and if there is anything else you think would be useful to add then please let us know.

The Kinship Team

**Quarry Centre
Cummings Park Crescent
Aberdeen
AB16 7AS
01224 067604**

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Physical Health Support Services

AbilityNet (National)

AbilityNet has a number of free services, resources and webinars to help older people stay safe online and learn how to get the best out of their digital device.

AbilityNet can provide IT (information technology) support at home and online for older people and people with disabilities of any age with their technology. Support with how to spot digital scammers.

This is a nationwide service so is accessible wherever you live and the majority of their services is free.

Email: enquiries@abilitynet.org.uk

Telephone: 0800 048 7642

[A digital world accessible to all. | AbilityNet](#)



AHSCP Wellbeing (Aberdeen)

The Stay Well Stay Connected programme has early intervention and prevention at its heart with a focus on enabling people to live a happy, healthy, active & independent life. The programme has many partners who work together and contribute across the programmes 4 main themes, these are:

- Physical Activity
- Social Isolation
- Cognitive Decline
- Digital Divide

There are 4 Wellbeing coordinators, and we work throughout the city. We are each aligned to an area of the city either North, Central or South and within our areas, we build relationships with other people living and working there to create opportunities for our citizens who are on the cusp of losing their physical or emotional resilience so that they can remain as well and connected as possible for as long possible. Our work is very varied depending on what arises, and this proactive and preventative work helps to reduce or delay the need for some people to require more formal long-term health and social care services.

In addition to our locality work we each have areas of specific interest that we are encouraged to develop, for example creating resources for people to use at home to become more active and reduce the risk of falls, looking at ways to reduce loneliness and supporting our unpaid carers.

For anyone looking for information on what is on in your local area please email SWSC@aberdeencity.gov.uk



Bon Accord Care (Aberdeen)

Bon Accord Care provide a range of community-based services in Aberdeen to help you remain independent in your own home.

Telecare is the name used to describe a range of devices (alarms) and systems that call for help if you, or someone you know, falls, or has a problem at home. Having telecare devices in your home will give you and your family peace of mind and reassurance. These are available for any age who:

- Are prone to falling
- Have mobility problems
- Are vulnerable
- Have epilepsy
- Live in supported accommodation
- Have a family member/carer who needs support
- Have memory problems because of dementia or head injury
- Are worried about living alone

The Telecare Team are available for advice on equipment and will carry out a further assessment at each visit to ensure that the equipment requested and installed is meeting your needs. Please note Community Alarm Telecare is a chargeable service.

Tel: 01224 788616

[Home | Bon Accord Care](#)



Occupational Therapy at Home (Aberdeen)

We understand that sometimes after illness, getting a bit older or if you have a disability, you may find yourself starting to struggle with everyday tasks.

Bon Accord Care has an occupational therapy service that aims to help you to improve your ability to do everyday tasks if you are finding these difficult.

If you think you might benefit from having some input from our occupational therapy service, you can refer by using the following link:
www.bonaccordcare.org/referrals/occupational-therapy/

Alternatively, if you are unable to access an online referral form you can call on 01224 570400 and ask for Occupational Therapy

[Home | Bon Accord Care](#)

ADA (Alcohol & Drugs Action) (Aberdeen City and Shire)

ADA is a leading provider of alcohol and drug support services in Aberdeen City and Aberdeenshire. Our services are open to individuals, family members and friends. ADA also run support groups for family members.

helpline@alcoholanddrugsaction.org.uk

Telephone : 01224 594700

[Homepage - Alcohol & Drugs Action \(alcoholanddrugsaction.org.uk\)](http://alcoholanddrugsaction.org.uk)



Mental Health Support Services (Including Bereavement Supports)

Penumbra (National)

Our National charity can offer you psychological interventions if you're experiencing mild mental health issues such as depression, anxiety and low mood. aged 16 and over, and no longer in secondary education. We offer sessions on a one-to-one basis and through friendly group workshops. We can also connect you to computerised cognitive behavioural therapy (CCBT), which you can do at home in your own time with structured guidance from our team. We approach our work in a compassionate and non-judgemental way, and so if you want to explore ways to improve your mental wellbeing, please ask your GP/Social Worker for a referral.

Telephone: 01224 642854 (Aberdeen)

[Penumbra Mental Health](#)



Avenue (Aberdeen City and Shire)

Avenue is a charity that provides support to families and individuals across the Northeast of Scotland, with a focus on relationships, wellbeing and children. We offer a range of services to encourage personal growth, strengthen relationships, promote family wellbeing, support children and enable healthy environments for all.

Avenue provides service to families, offering Couple Counselling, Family Therapy, Individual Counselling, Art Psychotherapy, Cognitive Behavioural Therapy, Parenting Apart, Psychosexual Therapy, Wellbeing Groups, Children's Services: Child/Young Person's Counselling, Play Therapy, Art Therapy

Home - Avenue Confidential (avenuecharity.org)

Avenue can also support Family Time when there is no social work involvement, please contact kinship@aberdeencity.gov.uk to discuss if you think this would be helpful.

[Home - Avenue Confidential \(avenuecharity.org\)](http://avenuecharity.org)



Bounds Counselling Service

Free from Aberdeen University: We offer a free counselling service which will normally require you to attend for 50 minutes, at the same time, once a week. The first session will be an assessment session, conducted by one of the tutor team or a more experienced trained student counsellor.

This service is closely linked with the Kinship Team and available to anyone, but we can refer on your behalf - kinship@aberdeencity.gov.uk

[The Bounds | Education | The University of Aberdeen \(abdn.ac.uk\)](#)



Healthy Minds Aberdeen

The Healthy Minds team will give you guidance and support to access learning and leisure opportunities to adults. We aim to assist adults who are in recovery of a mental health condition to access learning and leisure opportunities within Aberdeen City.

Email: healthyminds@aberdeencity.gov.uk

[Healthy Minds - Health and Well-being \(nhsinform.scot\)](#)



Sunrise Partnership (Aberdeen and Aberdeenshire)

We deliver free, confidential support in direct 1:1 sessions and we also offer group work either as a day-long Loss Day Session or a 'Seasons for Growth' group.

Our approach is flexible, and support is tailored to the individual's age, personality and circumstances. The number of sessions is not limited, and we travel to meet with the child/young person. We aim to start support sessions as soon as reasonably possible, depending on demand for our service.

When we first meet children they are trying to cope with intense emotions, they may be struggling at school and often have intrusive sad memories.

Sunrise helps them to tell their story from their perspective, to make sense of what has happened, to explore and understand their emotions and to develop coping strategies they can use both now and into the future. The Kinship Team can either refer you on or you can self-refer at

Email. shire@sunrisepartnership.org Phone. 07958 142673

[Supporting Children and Young People Through Loss & Bereavement \(sunrisepartnership.org\)](http://sunrisepartnership.org)



Archie Bereavement (Grampian, Tayside, the Highlands and Orkney)

Archie's Child Bereavement Service is offered free of charge to families within Grampian, Tayside, the Highlands and Orkney. The service supports families and professionals who are working with children and young people. We recognise that every child is different, and we believe that with appropriate support, information and guidance, all children and young people will manage their grief. ACBS supports children who have experienced bereavement no matter the relationship.

We run a confidential helpline – 01224 554152 – which is manned on a part-time basis.

Currently, this is on Monday to Friday from 9:30pm – 2:30pm. An answer phone is available for out with these times.

This is an opportunity for callers to contact and discuss their particular circumstances, and we aim to listen and help identify what might be the most effective assistance for each individual.

We accept referrals directly from families and professionals via our email or via phone calls. We To make a referral you can complete one of our referral forms and email it to your relevant region.

e: acbs.grampian@archie.org Tel: 01224 554152

e: acbs.highlands@archie.org Tel: 07563396155

e: acbs.tayside@archie.org Tel: 07563394606

[Welcome to The Archie Foundation - The ARCHIE Foundation - Home](#)



Supports for Children and Young People

Aberdeen Foyer (Northeast of Scotland)

The Foyer is a charitable organisation supporting people in the Northeast of Scotland towards independent living, learning and work. We help with providing young people who are homeless or at risk a safe place to stay, supporting people who are unemployed to learn new skills and move into work, engaging people through education and learning opportunities and supporting positive mental health and wellbeing. If the young person living with you is needing more support in the above area the Foyer may be able to help.

Contact: 07467 919 782

[Home](#) | [Aberdeen Foyer](#)

Aberdeen Foyers Futures Youth Action Programme

This course includes Building on strengths and abilities. Increasing your confidence and interest in learning, developing your skills for learning, life and work, improving your mental health and wellbeing. Working with one of our friendly and helpful Development Coaches, we will empower you to achieve your goals in education, training or employment. Whatever your interests, hopes and dreams for the future, we can help you get there!

Contact Details 07467 919 782

[Home](#) | [Aberdeen Foyer](#)



Active Schools

SPACE/ Sports Aberdeen

SPACE (Supported Physical Activity for Care Experienced) offers several programmes for our Kinship families, children and young people. On becoming a kinship carer we will work to get Sports Aberdeen memberships for you and your family to make accessing healthy activities cheaper or free. SPACE also provide 1-1 activities for some of our young people, provide some holiday activities and also provide opportunities to access the Sports Aberdeen Coached Programme. Please contact Kinship@aberdeencity.gov.uk for more information

Kit for All - is connected to Sports Aberdeen and its aim is to reduce any stigma or participation barriers by providing those who need it with sports kits. This is on a referral process please contact the team for more information

Active Schools Co-Ordinator's – sit within most schools in Aberdeen and have a role in encouraging children and young people to take part in fun, physical activities. You should receive emails about this from your child/young person's school.

Email: Kinship@aberdeencity.gov.uk

[Sport Aberdeen: Sports & Physical Activities in Aberdeen](#)



Befriend a Child (Aberdeen City and Shire)

As well as our befriending and mentoring services, Befriend a Child has recently introduced a family support project as we recognise that many of the families that we work with can sometimes do with some extra support. As part of the new project, our Family Support Co-ordinator will work alongside parents and carers, who have children being befriended or mentored, to identify areas where they would benefit from extra support. We will build a relationship with the whole family and focus on providing support which is individual to the family's needs.

Befriend a Child also offer a more intensive support service called Intandem, which is predominately for Looked After children aged 8-14 years and matches them with a trained mentor who will spend 2 hours with them each week for a minimum of a year taking part in outings and activities to help them engage with the community, meet personal goals and fulfil their potential.

This referral process needs to come through us or the child's social worker kinship@aberdeencity.gov.uk

[Befriend a Child](#)

befriend a child



turn a frown upside down

ChildSmile (National)

Childsmile work with nurseries, schools and dentists to improve the oral health of children and young people. Many of our children and young people can have dental issues and Childsmile can provide extra guidance and support. Visit their website on Childsmile – Improving the oral health of children in Scotland (nhs.scot) for more information.

Contact your school/nursery or dentist for more information.

[Childsmile – Improving the oral health of children in Scotland \(nhs.scot\)](http://nhs.scot)

MCR Pathways (National)

A Nationwide school-based service providing volunteer mentors to spend one hour a week listening to and encouraging their young person. Young people are matched with a mentor based on personalities, interests and career aspirations. Please contact your child's school to discuss.

Email: info@mcrpathways.org

[MCR Pathways - Nationwide Mentoring Programme](#)



SHMU

Station House Media Unit offers an innovative programme of creative youth media activities aimed primarily at those living in the regeneration areas of Aberdeen. The Programme encourages young people (10-18yrs) to actively participate and engage with radio, film, music and magazine production, resulting in increased confidence, self-esteem and communication skills. Projects include the Youth Radio Project, a science and media initiative, Youth Journalism, an Into Film Club and the Speak Out radio project for P7 pupils.

Email: info@shmu.org.uk Telephone: 01224 515013

[shmu | Station House Media Unit](#)

Youth Work in school

Aberdeen City Council's Youth Work team works with young people aged 10 – 25. Youth Work activities can be delivered in primary and secondary schools, community venues and in outdoor spaces. Offering one to one and group support, focusing on Mental health, wellbeing, and participation. Please contact you school directly to access this resource.



School Counselling Service Aberdeen (Check with own school if out with city)

Counselling is one of a range of services that helps to support the health, emotional and social needs of young people and can help a healthy school culture. ACIS Youth allows us to provide an equitable offer of school counselling. The service provides face to face counselling in all 11 Academy schools within Aberdeen City and in a further 3 primary localities (Dee, Don and West) where counselling services can be accessed by pupils aged 10 years+. Please contact your school for a referral to this service.



School Nurses Aberdeen (Check with own school if out with city)

School nursing is a universally accessible service that is non-stigmatising offering mental health, health, and wellbeing support. Please contact the school your child/young person attends



Aberdeen Young Persons Rights Service – For all children and Young People

Our remit is to provide advocacy, guidance and support to Aberdeen children, young people and young adults, aged 0-26 years old, who are care experienced or are or have been involved in child protection processes, **wherever they live**. Although we are part of children's social work, we are independent of other professionals who have responsibilities for care and support.

Email: YoungPersonsRights@aberdeencity.gov.uk

[Young Person's Rights Service | Aberdeen City Council](#)



Aberdeen City Family Support Services

Aberdeen Football Club Community Trust - We work with people of all ages to inspire and empower, particularly the next generation, through education and positive destinations; football, health and wellbeing. AFCCT have partnered with 17 Primary schools and 3 Secondary schools in the city, offering children opportunities which focus on improving health and wellbeing and raising attainment.

Email: info@afcct.org

[Aberdeen Football Club Community Trust - Home \(afccommunitytrust.org\)](http://afccommunitytrust.org)

Aber necessities (Aberdeen City and Shire)

Provides families in need with the essential and basic necessities that No Child Should Go Without. From maternity bundles for mother and baby to nappies, formula milk, clothing, toys and equipment for children aged 0-18years, AberNecessities recognises the importance of meeting the basic needs of a child in order to give them the best start possible.

We can make a referral to AberNecessities on your behalf.

Contact Details kinship@aberdeencity.gov.uk

[Abernecessities](#)



Family Learning Aberdeen City

Family Learning work in partnership with schools and other agencies, on a one to one or small group basis, to support families in bringing up their children. Primarily with home visits and short courses which are informal and can be held in the community.

Courses include Understanding Emotions , Confidence & Assertiveness, Sleep, Life Skills for Little Ones Confidence & Assertiveness , Digital Awareness for Parents, First Aid, Self-Care/Mental Health Awareness, Outdoor Education, Literacy & Numeracy for Parents, Dad's projects. The team also organise fun days and play sessions during school holidays.

One to one support is generally in the home or local community and examples of topics covered are: Setting boundaries and being consistent, Sleep routines, Building confidence in parenting skills, Effective communication between parents and children, Supporting parents to help their child with homework, Providing advice on play and how a child develops, Increasing parents' self-esteem and giving support allowing them to attend further learning opportunities. Giving clear, honest advice and guidance on a range of services, support with budgeting and looking after yourself.

We have a partnership with a free counselling service, Grounded Learning.

Email: familylearning@aberdeencity.gov.uk



Fit Like? Family Wellbeing Team (Aberdeen)

Fit Like? Family Wellbeing Team are a collective of support services in Aberdeen working with families to support mental health and wellbeing. Together we offer whole family support. We are targeted support, helping families with needs that cannot be met universally or within their current support network, who do not require statutory/ specialist provision. We provide a range of emotional and practical support to improve whole family mental health and wellbeing.

Our diverse team can help with a variety of needs to meet each family's unique set of circumstances. Support is voluntary. We work alongside families to meet their identified goals. Fit Like? was developed to deliver support to families embedding a rights-based approach. To embed this ethos, we will contact the families on receipt of the request, to explore and understand what type of support may best meet their identified areas of need.

Email: fitlike@aberdeencity.gov.uk you can also discuss a referral with the Kinship Team. This provision is for families where the child/young person is closed to social work.

['Fit Like? Family Wellbeing Hubs | Aberdeen City Council](#)



Four Pillars Grampian

Support for the LGBT+ community in matters of mental health, emotional, physical and sexual health and information & support on a person-to-person basis to build a community that supports itself through peer education.

Email: mail@fourpillarsuk.org

[Four Pillars – Supporting Grampians LGBT+ Community \(fourpillarsuk.org\)](http://fourpillarsuk.org)

Grampian Women's Aid

At Grampian Women's Aid, we: Will listen and believe you, Offer you confidential support and advice, Answer your questions honestly Give you the information you need. Give you advice on how you and your children can stay safe, Provide temporary accommodation if you're unable to stay in your home, Provide you with help and support for a better future.

Email: info@grampian-womens-aid.com **Telephone: 01224 593381**

[Home | Grampian Womens Aid \(grampian-womens-aid.com\)](http://grampian-womens-aid.com)



PEEP

We have a dedicated PEEP group running every Thursday morning at the Quarry Centre. Please contact the Kinship Team for more information. The PEEP Learning Together Programme is a social, emotional and educational child development programme for parents and children up to 5 years of age. It utilises a strengths-based approach to working with parents and is based on the principle of empowering families.

For more information, contact 01224 248389 or Email peep@aberdeencity.gov.uk

[Peep | Aberdeen City Council](#)

The logo for PEEP, consisting of the lowercase letters 'peep' in a blue, rounded, sans-serif font. The logo is positioned on the right side of the slide, within a light blue rectangular area.

National Family Support Services

Barnardo's (National)

Explore and Believe Course includes an employability theme through informal sessions and fun, preparation for employment or training, careers guidance, getting financial support and personal support on leaving school, Removing barriers preventing them from making progression. Delivered on a 1-1 basis. Delivered from our premises or within local schools. Group Work Activities include Fit for Work Course, fun activities ranging from foot golf, walks, the gym etc. volunteering activities, SQA Personal Development Award, improving budgeting skills and pathways toward your goals.

Phone: 01224 624900

[Barnardo's Works Aberdeen and Aberdeenshire | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)

Beacon House (National)

Beacon House is a specialist trauma service which provides a wealth of free information resources which may help you understand many of the feelings, behaviours and experiences that the child you are caring for is having. We use a lot of their work in our training, and it is not only helpful and relevant but also very easy to follow. This is accessible to all of our carers.

[Home \(beaconhouse.org.uk\)](https://www.beaconhouse.org.uk)



HomeStart (National)

Our trained volunteers work alongside the whole family to make sure that parents have the skills, knowledge and resources they need to give their children the best possible start in life. Our support can be practical – helping establish routines and boundaries; helping families access other services; providing socialising opportunities for children and parents. Or it can be emotional – providing reassurance and encouragement; supporting parents with mental ill health; helping to improve family relationships. for families with children under 5.

Email: info@home-start.org.uk (National)

Email : admin@homestartaberdeen.org.uk (Aberdeen)

[Home-Start UK](#)

Shelter (National)

Shelter Scotland services, policy advocacy and campaign teams come together to create the best possible outcomes for people in housing need. We do this by providing practical support and advice to people experiencing bad housing or homelessness, by informing professionals, and by campaigning for legislative change.

Helpline: 0808 800 4444

[Home - Shelter Scotland](#)



Cyrenians (National)

Cyrenians is a National charity which offers a range of support to Adults: Care and support, housing, independence, health and wellbeing, safety, liberation and release, food and essentials

Email: hello@weareac.org Telephone : 0300 303 0903

[Homeless Charity in Scotland | Cyrenians](#)

Children 1st ParentLine (National)

ParentLine is a national parent/carer telephone support that can offer in the moment support to parents/carers, or planned support over a period of time. They can support with family life matters, parental separation, parental stress, advice and guidance and financial support.

Tel 08000 28 22 33

[Children 1st Parentline - Parenting Help, Advice & Support | Children 1st](#)

Dolly Parton's Imagination Library (National)

If you have a child in your care from birth to age five and are 'Looked After' they are eligible to be signed up to this service and will receive a free book every month. Dolly Parton's Imagination Library is a book gifting programme devoted to inspiring a love of reading in the hearts of children everywhere. Please speak to your social worker or the Kinship Team to find out more.

[United Kingdom - Dolly Parton's Imagination Library](#)

The logo for Cyrenians, featuring the word "Cyrenians" in a blue, rounded, sans-serif font.

Families Outside (National)

Families Outside is the national charity in Scotland supporting families affected by imprisonment. When someone goes to prison it can be a challenging time for the whole family. At Families Outside we are here to provide you and your family with information and support regarding any issues you might be facing as a result of your family member's imprisonment. We can help you

- To understand what will happen at different stages of the justice process following your family member's arrest
- To stay in touch with your family member while they are in prison
- To support any children and young people in your family at this challenging time
- To access the support available to you from the prison and other relevant organisations

If you are looking for information or support, please **contact our helpline on 0800 254 0088** or **support@familiesoutside.org.uk**

[Help, information, and support for families affected by imprisonment](#)
[| Families Outside](#)



Quarriers (National)

Quarriers are one of Scotland's leading National social care charities, providing practical care and support for children, adults and families, challenging poverty and creating positive opportunities for change. This includes Aberdeen Carers Support. For any carer getting in touch, your first point of contact will be the person who looks at your referral. Once it is established that you are a carer, we will talk you through registering for support and what this can look like. They will link families with a Carer Advisor or Family Wellbeing Worker, needs will be assessed, and an Adult Carer Support Plan will be offered to you. We know Aberdeen well and will look to the area that you live in to work with you to identify local support and services.

Aberdeen Carers Support Telephone: 01224 914036

Aberdeenshire Carers Support Telephone: 01467 538700

[Home - Quarriers](#)

The logo for Quarriers, featuring the word "QUARRIERS" in a bold, blue, sans-serif font. The letter "Q" is stylized with a white dot in the center. The logo is set against a light beige rectangular background.

Kinship Care Advice Service for Scotland (KCASS)

Scotland's **Kinship Care Advice Service (KCASS)** is funded by the Scottish Government with the purpose of delivering the best possible support to kinship families who play a critical role in providing secure, stable and nurturing homes for children who cannot be cared for by their birth parents. Services and resources provided by KCASS include:

- training workshops for kinship carers and professionals to raise awareness and offer support on a variety of topics suggested by members.
- an advisory group for kinship carers which supports KCASS to incorporate the lived experience into the service and advocate for change.
- a Kinship Practitioners Forum with the aim of sharing and highlighting good practice to practitioners across Scotland.
- A dedicated KCASS helpline with experienced advisers who take calls from kinship carers in any situation about any topic from benefits to emotional support:

KCASS Helpline: 0300 666 0006 (Monday-Friday 10am-2.30pm)

Learn more at www.kinship.scot, find KCASS on Facebook, or contact KCASS at the below:

Service email: advice@kinshiptscot.org

KCASS Helpline: 0300 666 0006 (Monday-Friday 10am-2.30pm)

[Kinship.scot](http://www.kinship.scot) – Advice and information on kinship care



Aberdeen City Council Social Work Services

Kinship Team

Aberdeen City Council's Kinship Team provide support, guidance and information to all kinship carers in receipt of Kinship Allowance from ACC. We will support you in the initial stages when a child/young person comes to live with you, guide you through statutory checks and assessments, understanding and attending meetings. We will be able to refer you on to specific partners if you have a particular need. We have direct access to counselling services and an assistant psychologist that sits in our Team one day per week and can provide either group or 1-1 support for you or the children/young people you are caring for. We can support you when permanency plans are made, whatever that looks like, and you will remain linked in with the team for as long as you are eligible for kinship allowance. You may have an allocated worker but if not, we run a duty-system which means that you can contact the team any time within office hours. We also share lots of information on our Facebook page **Kinship care Aberdeen.**

Contact Details kinship@aberdeencity.gov.uk

Telephone: 01224 067604

Quarry Centre, Cummings Park Crescent, Aberdeen, AB16 7AS



Family Time Hub – supporting family time with Looked After Children and Young People

The Family Time Hub provides a safe, supportive and welcoming environment where children and families can have family time. Families can access large rooms with a kitchen, sitting and dining area and lots of toys and resources suitable for children and young people of all ages. Families also have their own individual boxes to securely store their own equipment / toys in between sessions. The service offers supervised family time sessions, where a worker will be present to support the child and parent/s during the session and supported family time where a worker will be present for parts of the session to offer support and guidance as required. The service works closely with families and the professional team around the child and will share their observations and assessment of family time. Workers will also attend key meetings and contribute to care planning for each child.

We are working closely with the Family Time Hub to develop the support that is available to you and will be able to provide more information on those developments in the coming months.

If you have any questions regarding Family Time, then you can contact the Family Time Hub on 01224 694554.



Adoption Team

For those kinship carers who are choosing to adopt the child in their care, we will align you to the Adoption Team as early on in the process as possible to ensure that you have all of the relevant information that you need. There is a dedicated kinship/Adoption worker who is aware of the complexities of this type of adoption and will link you in with the right support.



Employability/Further Education Support Services

ABZ Works

ABZ Works is a service available to any Aberdeen resident who are looking for support to develop confidence, knowledge and skills or experience so they can work towards achieving their goals of progressing into employment, education or training. Just link on to their full website [Employability Support - ABZ WORKS](#) for all of the services they provide.

Email: abzworks@berdeencity.gov.uk

Phone: 01224 346100

[ABZ Landing Page - ABZ WORKS](#)

Skills Development Scotland (National)

National service helping young people plan for their future. My World of Work is an all-age service, designed to help build your career management skills and discover what careers match your skills, interests, education and experience.

By creating a free account young people can explore their interests and strengths using the online tools. They can explore the world of work and different routes and pathways to get into different careers

Telephone: 01224 285200 National Telephone: 0800 917 8000

[Corporate - Skills Development Scotland](#)



Adult Learning – just Aberdeen or can we link in with other local authorities – can we be more specific about what they can link in with

Adult learning is essential to enable and encourage adults in Aberdeen to acquire the knowledge, skills and confidence necessary to play an active and productive role, both personally and societally. The priorities below will provide opportunities for adults take part in a wide variety of learning opportunities and have clear progression routes in order to continue their learning journey and be confident, resilient and optimistic for their future.

Email: adultlearning@aberdeencity.gov.uk

University of Aberdeen/NESCOL (National)

For any of our young people accessing further education they will be eligible for additional support and possible bursaries. Just search: Support for Care Experienced students - SAAS.

[University of Aberdeen \(abdn.ac.uk\)](http://abdn.ac.uk)

[Existing Students - North East Scotland College \(nescol.ac.uk\)](http://nescol.ac.uk)

[Student Awards Agency Scotland - SAAS - FundingYour Future](#)



Additional Support Needs Support Services

Right Click Parenting Support (National)

The Right Click programme has been developed specifically for parents or carers of autistic individuals. During the registration process, participants will be asked questions about their young child, teenager or adult so that we can provide more tailored support if required.

Email: Autism@scottishautism.org Telephone : 01259 720044

Autism & Neurodiversity North Scotland (A-ND)

Beginning as a support group, we have slowly expanded over time, firstly as a parent-run organisation and later constituted into a charity in 1989. As of January 2024, we have a staff team of 55 people and provide direct, ongoing support & services to 156 individuals & their families throughout Aberdeen, Aberdeenshire, Moray & North Scotland, as well as providing a variety of support groups in person & online.

Telephone: 01224 277900

[Thinking Differently | Autism & Neurodiversity | Scotland \(a-nd.org.uk\)](https://www.thinkingdifferently.org.uk)



SensationALL Aberdeen City and Shire

We provide therapy-based activities and specialist support for children and adults living with any support need or disability from our centre in Westhill and Aberdeen, covering both the city and the shire. SensationALL is so-called because we support all ages, all conditions and all family members. SensationALL is here to provide accessible, practical advice, support and intervention. Our activities and sessions not only offer relaxed, play opportunities and social experiences but by using clinical principles we aid development, improve communication, social interaction and confidence. We empower attendees by teaching strategies and coping techniques they can use in everyday life to take control of their emotions and behaviour and build their resilience.

Email: info@sensationALL.org.uk Telephone: 01224 74669

[SensationALL - services for Neurodiverse individuals and those with multiple support needs](#)

We Too (North East Scotland)

We Too offers peer support through “We Too! & You”, a monthly children’s club “We Too! Club” and a school holiday programme. We Too! also delivers bespoke ASN/ Customer Service Training to organisations as well as 6 week parent/carer and sibling courses.

Email: info@wetoos.org.uk Telephone: 01224 539393

[We Too! The Aberdeen Magazine for Children with Additional Support Needs](#)



Aberdeen City Financial Support Services

Grampian Credit Union

Grampian Credit Union is open to anyone living or working in Aberdeen city, Aberdeenshire and Moray areas. Members can save regular amounts easily and securely, and access fair affordable loans. However, Credit Unions are available nationwide so if you are interested, please just explore your local area.

With continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help members save easily and borrow affordably. Savings can be from £3.00 per week or from £12.00 per month or more. First loans are from £200 and can help get extra money at an affordable rate, and members are able to build up savings while paying back loans.

Kinship carers and family members can join and save directly from their bank account or from benefit payments. The Credit Union has Adult, Christmas and Junior savings accounts, which are easy to open and manage.

The Grampian Credit Union can be contacted on **admin@grampiancreditunion.co.uk** or **01224 561506**

[Grampian Credit Union | Home](#)



Citizen's Advice Bureau (National)

Aberdeen Citizens Advice Bureau has been providing advice and information to the people of Aberdeen for over 80 years. We give all clients free, confidential, impartial and independent advice on a wide range of subjects, including:

- **Benefits:** questions about entitlements, support with applications and appeals against unfair decisions
- **Debt advice:** how to manage your debts, improve your financial situation and maximize your income (the debt service is funded for people living in Aberdeen City only)
- **Employment:** questions about terms and conditions, dismissal, redundancy, intimidation and unfair dismissal
- **Immigration:** from EU workers to asylum seekers
- **Consumer Issues:** everything from broken kettles to difficulties with gas and electricity suppliers
- **Relationships:** issues relating to splitting up, children, and bereavement
- **Housing:** your rights

Telephone: 01224 569750

Email: bureau@aberdeencab.casonline.org.uk

[HOME](#) | [Aberdeen CAB](#)



Financial Inclusion Team Aberdeen

If you live in Aberdeen city, benefits and money advice team can provide free, impartial and confidential advice. Our money advisers can: Check you are receiving all the benefits you are entitled to. Help complete benefit claim form. Assist you to challenge benefit decision you disagree with. Help you to deal with all types of problems debts. Provide advice on what creditors can/cannot do and speak to creditors on your behalf. You can receive advice/assistance by completing our online referral form. Once we have received your request one of our advisers will call you. The Kinship Team can also refer you on if you would prefer.

Telephone: 01224 522709

[Benefits and money advice | Aberdeen City Council](#)

SAFE Team (CFine)

SAFE stands for Support, Advice, Finance and Education. We will work with you to help navigate the welfare system and ensure you are claiming the benefits that you are entitled to, aiming to improve your household income.

Telephone 01224 531386 Email info@cfine.org

[Improving Finances - Cfine](#)



SCARF

Scarf delivers energy efficiency advice and services to households and businesses across Scotland, providing a range of service to help you live warmer and reduce your fuel bills.

A team of expert advisors are on hand to ensure you get accurate, up-to-date advice to help you reduce your fuel bills and create a warmer, more comfortable living environment.

Telephone 0800 129 0888

[Scarf](#)



CFine – Emergency Food Provision

If you are running low on food and essential items due to financial constraints or other pressures, you can visit our food bank open every weekday from 10am-3pm at 2-4 Poynerook Road AB11 5RW. Please let them know of any dietary requirements.

Telephone: 01224 596156 Email: info@cfine.org

[Homepage - Cfine](#)



Community Food Distribution Supports

Foodbanks – we would hope that you would not need to access this resource but in case of emergencies there is a list attached with Aberdeen. If you need on-going financial assistance, please contact the Kinship Team.

Froghall Community Centre Association SCIO

Froghall Community Centre
14 Powis Place
01224 346 452

Printfield Community Project

Printfield Community Flat
11A Printfield Walk
01224 276 788

Gerrard Street Baptist Church (GSBC) Food bank

01224 624339

Fersands and Fountain Community Project – Woodside Pantry

Woodside Fountain Centre
Marquis Road
01224 524 936 – 07845 858 366

Middlefield Community Project

Middlefield Hub
Manor Avenue
01224 607 000

Seaton Scrab

Seaton Primary School
Seaton Place East
01224 277 920

The Cubby

Cummings Park Centre
Cummings Park Crescent
01224 694 060

Trussell Trust

Kings Community Church
10 Urquhart Road
01224 518 936

Powis Community Centre Association

Powis Community Centre
11 Powis Circle
01224 483 203

Lighthouse/Trussell Trust

Tillydrone Community Campus
Hayton Road
01224 489 546

Trussell Trust

The Mission
St Machar Drive
01224 518 936

CFINE

The Bridges Centre
2-4 Poynerook Road
Aberdeen
AB11 5RW
01224 596 156

Somebody Cares

Somebody Cares Warehouse
Greenwell Road
01224 460 700

Mastrick Community Centre Association

Mastrick Community Centre
Greenfern Road
01224 788 288

Northfield Community Learning Association SCIO

Northfield Community Centre
Byron Square
01224 695 416

Salem International Christian Centre

St Peter's Episcopal Church and Hall
191 Victoria Road
01224 874 158 - 07527 205 097

Catalyst Vineyard Church

Inchgarth Community Centre
01224 325 191

Thai Buddharam Temple & Cultural Centre SCIO

Thai Buddharam Temple & Cultural Centre
Queens Road
01224 311 911

Support Groups (Jan 2024)

- Kinship Team Evening Group 2024 – 31st Jan, 27th March, 29th May, 31st July, 25th Sept, 27th Nov – All 6pm – 7.30pm at The Quarry Centre.
- Kinship Team Afternoon Group 2024 – 28th Feb, 24th April, 26th June, 28th Aug, 30th Oct – All 12 noon – 1.30pm
- Kinship Blether – Every 4th Friday – Contact Melanie at kinshipblether@aol.com
- Family Learning – Seaton Community Centre Tuesday mornings from 10.00 – 11.30 starting 16th Jan 2024. Contact NaWatson@Aberdeencity.gov.uk Mobile: 07789273818
- Family Learning/Quarriers – Kinship/ASN Support Group Every Monday at Manor Park Community Centre 10.00 – 11.30 starting 15th Jan 2024. Contact NatWatson@aberdeencity.gov.uk Mobile: 0778273818 or Elaine.dukes@quarriers.org.uk
- SensationALL – ASN Parent Support Sessions. Please contact info@sensationall.org.uk for more information.