

Crieff and Strathearn Family Information Directory

*Information on services, activities and sources of support
for families living and working in Crieff, Auchterarder
and surrounding areas*



My Dad
drawn by Ronan, age 7



Family Information Directory - Crieff and Strathearn

Being a parent can be the most challenging and rewarding task anyone will undertake. Access to good quality information about services, activities and sources of support can make a huge difference and enable you to make informed choices for you and your family.

This directory has been compiled by Perth & Kinross Council's Childcare Strategy Team to provide details of groups and organisations that may be of interest to families. It is hoped that professionals working with parents, carers and children will also benefit from this source of information.

Family Information Directories have been produced for five local areas: Perth and Surrounding Areas; Blairgowrie and Strathmore; Crieff and Strathearn; Kinross; Highland Perthshire. If you would like similar information for families in one of the other areas mentioned then please contact the Childcare Information Service. Information contained in all of the Family Information Directories is available, and will be kept up to date, on the Childcare Information Services website www.scottishchildcare.gov.uk

We hope you find the information in this directory useful. If you have suggestions for additional groups or organisations which it would be useful to include or if you find that any details included are inaccurate or out-of-date then we would be grateful if you could let us know. Please send feedback by email to childcare@pkc.gov.uk or by post to the:

Childcare Information Service
Perth & Kinross Council
Community Wing
Perth Grammar School
Gowans Terrace
PERTH
PH1 5AZ

Detailed information on the full range of Perth & Kinross Council Services, including Community Care, Education, Environment Services, Housing, Planning, Roads and Social Work, is available on the Council website www.pkc.gov.uk, by email enquiries@pkc.gov.uk or from staff at the Customer Service Centre, tel 01738 475000.

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Disclaimer

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childcare

There are a number of different forms of childcare which can be used by parents and carers depending on their individual needs and circumstances:

- ❁ *Formal childcare is where an individual, agency or service is paid by a parent or carer to look after their child. This includes childminders, nurseries, crèches, out of school care and playgroups. These services are registered with and regulated by the Scottish Commission for the Regulation of Care (Care Commission) and are subject to regular inspections to ensure minimum standards of care are being provided.*
- ❁ *Informal childcare includes care offered by extended family or friends for which no financial reward is offered.*
- ❁ *Babysitting is an occasional activity, normally taking place in the child's own home, for which a small financial reward is often made.*
- ❁ *Home-based care is childcare which takes place in the child's own home and can be delivered by nannies or au pairs.*

Most parents will use a number of different types of childcare to meet their needs and will access various types of care as their child grows. Perth & Kinross Council's Childcare Information Service can give details of the options available. The service also has a range of helpful leaflets for parents wishing to access childcare, giving advice on what to look for and questions to ask a childcare provider to help make the right childcare choices for their child.

Parents may be able to get help with the cost of childcare through the Childcare element of Working Tax Credits or through the use of Childcare Vouchers which can be made available through an employer. Further information is given in the Work and Finance section of this booklet.

Basic information on childcare services in the local area follows. Please contact the Childcare Information Service for more details including opening hours, costs and vacancies. Please note the list reflects information provided by services at time of print. Details held on childcare services are updated on a regular basis, so for up-to-date information on all types of childcare in the Perth and Kinross area, including details of childminders, please contact:

Childcare Information Service

Tel 0845 601 4477 • Email childcare@pkc.gov.uk

or visit the website which links Childcare Information Services across Scotland:
www.scottishchildcare.gov.uk

Local Information

Childminders

Contact the Childcare Information Service for details of registered childminders.

Tel 0845 601 4477 • Email childcare@pkc.gov.uk

Crèche

Auchterarder Community Crèche

Auchterarder Community School, AUCHTERARDER PH3 1BL • Tel 01738 472350

Braco, Greenloaning & Blackford Community Crèche

Braco Church Hall, Braco, DUNBLANE FK15 9QY • Tel 01738 472350

Crieff Community Crèche

Kids Club Room, Crieff Primary School, Commissioner Street, CRIEFF PH7 3AY
Tel 01738 472350

The Playroom

The Gleneagles Hotel, AUCHTERARDER PH3 1NF • Tel 01764 694337

Holiday Playscheme

Active Fun at Auchterarder

Community School of Auchterarder, New School Lane, AUCHTERARDER PH3 1BL
Tel 01764 661334

Big Country Children's Club

Crieff Hydro Hotel, CRIEFF PH7 3LQ • Tel 01764 651663

Nursery Units of Independent Schools

Morrisons Academy Nursery

Morrisons Academy, Ferntower Road, CRIEFF PH7 3AN • Tel 01764 653885

Out of School Care

Blackford Kids Club

Blackford Primary School, Blackford, AUCHTERARDER PH4 1PZ • Tel 07835 851495

Comrie Kids Club

Comrie Primary School, School Road, Comrie, CRIEFF PH6 2LZ • Tel 07768 036520

Crieff Kids Club

Crieff Primary School, Commissioner Street, CRIEFF PH7 3AY • Tel 01764 656398

Langtoon Kids Club

Community School of Auchterarder, New School Lane, AUCHTERARDER PH3 1BL
Tel 07724 110205

Parent & Toddler Groups

Aberuthven Tots & Toddlers

Church of Scotland, Park Place, Aberuthven, AUCHTERARDER PH3 1HH

Ardoch Babies & Toddlers

Village Hall, Feddal Road, Braco, DUNBLANE FK15 9RE

Auchterarder Tots & Toddlers

Out of School Care Room, Community School of Auchterarder, AUCHTERARDER PH3 1BL

Blackford Parent & Toddlers

*Moray Institute, Blackford Hall, Moray Street, Blackford, AUCHTERARDER PH4 1QP
Tel 01764 682221*

Comrie Babies and Toddlers Group

Parish Church Hall, Dundas Street, Comrie, CRIEFF PH6 2LN

Jack & Jill Mother & Toddler Group

Baptist Church Hall, Addison Terrace, CRIEFF PH7 3AT • Tel 01828 640722

Playgroup

Merry-Go-Round Playgroup

Community School of Auchterarder, New School Lane, AUCHTERARDER PH3 1BL

Punch & Judy Playgroup

Events Hall, Crieff Hotel, 43-49 East High Street, CRIEFF PH7 3HY • Tel 07599 796774

Playgroup offering Pre-School Education

Muthill Pre-School Group

The Coach House, Pitkellony, Muthill, CRIEFF PH5 2AA • Tel 01764 681281

Private Day Nursery

Auchlone Nature Kindergarten

Auchlone Lodge, Abercairney, CRIEFF PH7 3QZ • Tel 01764 664409

Cheeky Monkeys Nursery

Abbey Road, AUCHTERARDER PH3 1DN • Tel 01764 664500

Doodlebugs Day Nursery

*Wilson House, Main Road, Aberuthven, AUCHTERARDER PH3 1HE
Tel 01764 662266*

Little Scallywags Nursery

22 Galvelmore Street, CRIEFF PH7 4BY • Tel 01764 656274

Teddy Bear Care Nursery

Water Wynd, Millar Street, CRIEFF PH7 3AH • Tel 01764 653399

Whistlebrae Nature Kindergarten

Feddal Lodge, Braco, DUNBLANE FK15 9RA • Tel 01786 880714

Wraparound Care

St Dominics Wraparound Care

St Dominics RC Primary School, Broich Road, CRIEFF PH7 3SB • Tel 01764 653659

Perth and Kinross Information

Community Crèches

Community Crèches provide two hour childcare sessions for 0-3 year olds at no charge, enabling parents to have some time to themselves or to engage in parenting activities. The aim of Community Crèches is to: work in collaboration with fellow agencies and professionals to meet the needs of children, families and the community; support parents and reduce isolation; provide quality play experiences for children; establish peer groups and encourage parents to access programmes of planned learning.

Tel 01738 472350 • Email childcare@pkc.gov.uk

Playstart - Mobile Crèche Project

Playstart aims to provide a high quality childcare service, making it easier for parents and carers to participate in a broad range of activities including personal development opportunities, learning, training, conferences and community events. Playstart can also provide one-off crèches for conferences, weddings and other special events. A range of quality resources and trained, experienced staff can be transported to any suitable venue. Playstart is registered with the Care Commission.

Tel 01738 472350 • Email childcare@pkc.gov.uk

National Information

Care Commission

The Care Commission is the national body responsible for regulating care services throughout Scotland. It has a legal duty to register and inspect a wide range of care services, including childminders, nurseries and other forms of childcare. This helps to ensure that people who use care services are safe and protected and that the services meet the requirements of the law and specific care standards.

Tel 01382 207100 • www.carecommission.com

Children in Scotland

The national agency for voluntary, statutory and professional organisations and individuals working with children and their families in Scotland.

Tel 0131 228 8484 • www.childreninScotland.org.uk

Daycare Trust

A national childcare charity promoting high quality, affordable childcare for all. The Trust's campaigning work focuses on childcare affordability, listening to parents and keeping children at the centre.

Tel 020 7840 3350 • www.DaycareTrust.org.uk

Play Scotland

Play Scotland works to promote the importance of play for all children and young people, and campaigns to create increased play opportunities in the community.

Tel 0131 440 9070 • www.playscotland.org

Scottish Childminding Association

SCMA promotes childminding as a quality childcare service.

Tel 01786 445377 • www.childminding.org

Scottish Out of School Care Network

SOSCN is the lead organisation representing out of school care and school-aged childcare in Scotland.

Tel 0141 564 1284 • www.soscn.org

Scottish Pre-School Play Association

SPPA is a Scottish charity which aims to develop quality care and education in pre-school groups.

Tel 01592 641642 • www.sppa.org.uk



education

Perth & Kinross Council's Vision

Our vision is of a confident and ambitious Perth and Kinross with a strong identity and clear priorities that everyone works together to achieve. Our area will be vibrant and successful; a safe, secure, healthy and sustainable environment; and a place where people are nurtured and supported.

Within the Council, the prime focus of Education & Children's Services is on delivering the highest quality services at all times and meeting our statutory obligations in relation to key services including Education, Social Work (Children and Families), Community Learning and Development, Sport and Culture.

Key priorities are:

- ✿ *Raising achievement for all;*
- ✿ *Supporting vulnerable children and families;*
- ✿ *Ensuring equality of access to community, sport and cultural services.*

Pre-School Education

Children aged three and four are entitled to 12½ hours of pre-school education per week. Dates for eligibility for pre-school education places and information regarding the allocation of places within Perth and Kinross are given in a guidance booklet published in February each year. Copies are available from schools and on the Council website.

Perth & Kinross Council recognises that families have a variety of different needs and preferences with regard to pre-school education and is committed to providing high quality education for all eligible children. Across Perth and Kinross there are currently 47 nursery classes based in primary schools, which offer part-time nursery places for up to either five morning or five afternoon sessions per week. A number of full-time nursery places within local authority managed nurseries are allocated to eligible children on a council area wide, support for children and families basis. The Council is also in partnership with approximately 40 partner provider centres to provide funded pre-school education places. These include private nurseries, playgroups and nursery classes within the private, voluntary and independent sectors.

Parents are entitled to apply to any local authority managed nursery or partner provider centre for their child's pre-school place. Application for places takes place directly at the school or partner provider centre.

Further information can be obtained from the Pre-School Helpline on 01738 476343 or email nursery-educ@pkc.gov.uk

Placing in Schools

The policy of Perth & Kinross Council Education Authority is to assign to each school a defined zone known as a catchment area. Pupils resident within a school's catchment area are entitled to register for a place within that school. Contact Education & Children's Services for detailed information on catchment areas.

Parents can make a request that their child be placed in a school of their choice other than the school which normally serves the area in which they reside.

Starting School

The school entry date in Perth and Kinross is the first day of the school session, which falls in mid August each year. A child is of compulsory school age from the first school entry date after their fifth birthday. Children who are five between the first day of the school session and the end of February can attend school from the previous August or parents can choose to defer entry to primary school until the start of the next school session.

Parents will be notified by advertisement in the local press to register their children in the school of their choice by a given date, normally the end of January. In all Perth & Kinross Council schools, Primary 1 pupils attend for half-days only for the first two weeks.

Free School Meals

You can apply for free school meals for your child(ren) if you are receiving Income Support, Income Based Job Seeker's Allowance, any Income related element of Employment Support Allowance or Child Tax Credit (current TC602 Child Tax Credit award notice must be provided to assess eligibility).

School Clothing Grants

If you are in receipt of Income Support or Income Based Job Seekers Allowance, Education & Children's Services will consider one application per year for a grant towards the cost of purchasing essential clothing to enable children, up to the age of 16, to attend school.

Transport

Free school transport is only available to pupils attending their catchment school and living more than two miles (primary) or three miles (secondary) from the school. Transport will be provided from a suitable point on the public highway. Please note that this pick-up point can be up to two miles (primary) or three miles (secondary) from the pupil's home.

Advice, Information and Concerns

Communication with parents is encouraged and valued. Your child's school is your first point of contact should you require advice, information or to raise concerns. The school will deal with any concerns raised confidentially, timeously and work with you towards a resolution. Your school will advise you how to take your concerns forward should these remain unresolved.

Additional Support Needs

Within Perth and Kinross a range of provision exists for pupils with additional support needs. A policy of supported mainstream inclusion is complemented by a range of specialist provisions. These are either attached to, or are part of mainstream schools. In addition, there is one all-through special school, Fairview School in Perth, for children aged 3-18 years who have profound and complex difficulties.

Parents moving into the area who have children with additional support needs should contact:

Support Services, Education & Children's Services, Perth & Kinross Council,
Pullar House, 35 Kinnoull Street, PERTH PH1 5GD
Tel 01738 476390

Where to Get Further Information

Further information on Education provision in Perth and Kinross, including application forms and booklets referred to above, can be obtained from Headteachers or from:

Education & Children's Services, Perth & Kinross Council, Pullar House,
35 Kinnoull Street, PERTH PH1 5GD
Tel 01738 476200 • Email ecsschools@pkc.gov.uk

Information is also available from the Council website www.pkc.gov.uk



Local Information

Community Link Services

Community Link Workers work with children, young people, parents and school staff to encourage education, attainment and achievement through good communication between home, school and the wider community. They provide advice and practical support to children, young people, parents and carers, through a family centred approach and by providing positive learning experiences.

Community School of Auchterarder and feeder primaries:

Jenny Main • Tel 01764 661238 • Email JMain@auchterarder.pkc.sch.uk

Crieff High School and feeder primaries:

Jackie Day • Tel 01764 657700 • Email JDay@crieffhigh.pkc.sch.uk

Lifelong Learning Team

The Lifelong Learning Team offers adults the opportunity for free confidential support to increase their confidence and access relevant learning. This includes improving reading; writing, English for speakers of other languages, number and budget skills, gaining basic ICT skills, identifying your personal goals and helping you achieve them. Anyone attending can have one-to-one support or work in small groups which can take the form of short courses or ongoing weekly sessions built around your needs. Please contact your local Adult Learning Worker for more information.

Strathearn Community Campus • Tel 01764 657700

Roseanne Gray • Email RGray@pkc.gov.uk

Schools

Community School of Auchterarder (NC)

New School Lane, AUCHTERARDER PH3 1BL • Tel 01764 662182/3

Aberuthven Primary

Main Road, Aberuthven, AUCHTERARDER PH3 1HE • Tel 01764 662501

Blackford Primary

Stirling Street, Blackford, AUCHTERARDER PH4 1PZ • Tel 01764 682218

Dunning Primary

Station Road, Dunning, PERTH PH2 0RH • Tel 01764 684570

Crieff High School

Pittenzie Road, CRIEFF PH7 3JN • Tel 01764 657600

Braco Primary (NC)

Braco, DUNBLANE FK15 9QD • Tel 01786 880225

Comrie Primary (NC)

School Road, Comrie, CRIEFF PH6 2LZ • Tel 01764 670642

(NC) - Nursery Class

Crieff Primary (NC)

Commissioner Street, CRIEFF PH7 3AY • Tel 01764 652777

Greenloaning Primary

Greenloaning, DUNBLANE FK15 0LY • Tel 01786 880326

Madderty Primary

Madderty, CRIEFF PH7 3PA • Tel 01764 683215

Muthill Primary

Station Road, Muthill, CRIEFF PH5 2AR • Tel 01764 681276

St Dominic's Primary (NC)*

Broich Road, CRIEFF PH7 3SB • Tel 01764 652804

(NC) - Nursery Class

** If a child has been baptised Roman Catholic then their parents have the choice of them attending either Crieff High School or St John's RC Academy in Perth.*

Perth and Kinross Information

Early Years Team

The team supports all local authority nursery schools and classes, all local authority primary schools, with an emphasis on P1-P3 and all nurseries which are in partnership with the local authority. Training is also conducted with staff in Partner Provider centres and schools. A lending facility is operated from the Early Years Base which schools and centres may access to borrow resources to supplement their own for a given period of time.

Tel 01738 639991 • Email earlyintervention@balhousie.pkc.sch.uk

Educational Psychology Service

Roles include the provision of consultation, assessment, intervention, training, and research and development at the level of the child, family, establishment, and local authority.

Tel 01738 476279 • Email PKaye@pkc.gov.uk

English as an Additional Language (EAL) Service

The EAL Service supports children in nursery, primary and secondary schools whose first language is not English. It also offers support to their teachers and advice to parents. The team consists of two EAL Teachers and three bilingual staff members: two Polish speakers and one Urdu/Punjabi speaker.

Gill Mitchell, EAL Teacher • Tel 01738 449294

Email gmitchell@cherrybank.pkc.sch.uk

Gowans Child and Family Centre

The Family Centre provides a nursery experience for children from 2-5 years. Places are available mornings, afternoons and full-time. Referrals are made via Social Work, Health professionals, other agencies and by parents. Children must meet the 'in need' criteria to be allocated a place. Groups are run within the centre throughout the year for parents and carers. Children are allocated a place in one of the three playrooms after careful consideration has been given to the level of their needs. Support with parenting is also provided in a variety of ways, including groups and play sessions in the home and playroom.

Tel 01738 442174 • Email lmichaels@pkc.gov.uk

Nurture Groups Project

A Nurture Group is a small group provision within a mainstream school, supporting children in that school who have ongoing difficulties settling into mainstream education. Nurture Groups aim to support children by providing a safe, contained and structured learning environment. Entry into a Nurture Group is carefully considered through a staged referral procedure and the use of a range of assessments carried out over time.

Irene Campbell • Tel 01738 639991 • Email ICampbell@balhousie.pkc.sch.uk

Outdoor Education Team

Provides high quality sessions, tailor made for individual groups, working to agreed aims and objectives for the group. These may be skill based, or include confidence building or social development. Whatever the aim, sessions are well structured, fun experiences designed to promote learning and development.

Tel 01738 623182 • Email pkcsport@pkc.gov.uk

Pre-School Home Visiting Service

Aims to support parents of pre-school children with additional support needs in helping their developing child, and to help them access appropriate educational services. The service offers advice, advocacy, equipment, information and support.

Tel 01738 440611 • Email ICampbell@balhousie.pkc.sch.uk

Sensory Support Services

The Sensory Support Service gives support to pre-school, nursery, primary and secondary aged pupils. Two teachers support children and young people with hearing impairment - Alison Cunningham and Margaret McDougall:

Tel 01738 638779 • Email acunningham@cherrybank.pkc.sch.uk or mmcdougall@cherrybank.pkc.sch.uk

Two teachers support children and young people with visual impairment - John Myerscough and Kirsty Semark:

Tel 01738 622024 • Email jmyerscough@cherrybank.pkc.sch.uk or ksemark@cherrybank.pkc.sch.uk

National Information

Early Years Online

Information and resources for all those involved or interested in the care and education of children 0-8 years old.

www.ltscotland.org.uk/earlyyears

The Home Education Association

A source of information for parents/carers and young people who are starting out on the home-education path, as well as those who are contemplating the idea or who just want to know more.

www.schoolhouse.org.uk

National Literacy Trust

An independent charity dedicated to building a literate nation.

Tel 020 7587 1842 • www.literacytrust.org.uk

Parents Centre

Offers support, information and advice about a child's learning to age 16 plus, how to choose childcare, help for working parents, help for lone parents and much more.

www.parentscentre.gov.uk

Parentzone Scotland

Find out how you can help your child with their homework or prepare for the start of a new school year, about the range of options for out of school learning or the benefits of sharing information with your child's school.

www.ltscotland.org.uk/parentzone

Scottish Network for Parental Involvement in Children's Learning

The Network aims to promote, support and develop professional practice in the involvement of parents and carers in their children's learning.

Tel 0131 225 9600 • www.snpicl.org.uk

services for young people

Local Information

Perth & Kinross Council Youth Services

Perth & Kinross Council Youth Services are part of Education & Children's Services. We have a number of staff operating across the area and provide a wide range of activities, opportunities and services.

If you are interested in things like joining a youth forum, doing your Duke of Edinburgh's Award, volunteering or helping develop the local pages of the Young Scot Website, we can help.

We can also provide you with local information on a range of issues and offer a place to come and just chat with one of the team.

See the website for more information on Youth Services in your area or contact your local base. For information on Duke of Edinburgh's Award contact 01738 627455.

Strathearn Community Campus • Tel 01764 657700

Pam Armstrong • Email PARmstrong@pkc.gov.uk

www.youngscot.org.uk/perthandkinross

Comrie Youth Club

Meets Wednesdays 7.00 pm - 9.00 pm in the White Church, Dunira Street, Comrie.

Susan Garner • Tel 01764 679926

Comrie Youth Theatre

Comrie Youth Theatre is for young people in S1-S6. It is held in the White Church, Dunira Street, Comrie on Monday evenings from 7.30 pm to 9.00 pm.

Wendy Goddard • Tel 01764 679108

Logos Youth Project, Crieff

Runs a varied program for secondary school age kids, with an internet café bar plus games room. Provides a safe and welcoming environment, with activities to develop personal life skills. Lunch café 12.30 pm - 2.00 pm, Monday to Friday; Homework Club 3.30 pm - 5.00 pm, Monday to Thursday; various evening activities Monday to Saturday.

Robert McDonald • Tel 01764 655365 • Email logosoffice@hotmail.com

West Strathearn Youth and Young Families Project

Pre-Teen and Teen Cafés held at The Combruih Centre, Dalinross, Comrie on Thursdays. P3-4 3.15 pm - 4.45 pm; P5-7 5.00 pm - 7.00 pm; S1-3 7.30 pm - 9.30 pm.

David Hustwayte • Tel 01764 670271

Perth and Kinross Information

Cool2Talk

Information on Health Matters and Local Services for Young People in Tayside. Anonymous, free and confidential.

www.cool2talk.org

Sacro, Youth Justice Services Perth & Kinross

Team works with young people (8-17 years inclusive) who are involved in offending behaviour or are perceived to be at risk of developing a pattern of offending behaviour. Workers aim to address this in a variety of ways including restorative justice (and/or practices), one to one behaviour programmes, group work, family work and working within and with schools.

Tel 01738 580582 • Email info@perth.sacro.org.uk

Young Carers Project

The project run by Perth & Kinross Association of Voluntary Services (PKAVS) provides support to young people aged 5-18 on a voluntary basis with consent from parents. A young carer is any young person whose life or development is affected due to the restraints and impact that a caring role within the family environment may have on them. Support provided includes one-one, advocacy, group work, school holiday respite activities, residentials, signposting to other services, awareness raising on young carers issues and promoting the rights of young carers.

Tel 01738 567076 • www.pkavs.org.uk

Young People Counselling Service

A service to help young people between 10 and 18 understand and begin to deal with issues caused by relationships with family and friends, by feelings about how to deal with growing up, or coping with personal relationships.

Tel 01382 640123 • www.couplecounsellingtayside.org.uk

Young People's Health Team Drop-Ins

The Young People's Health Team offers a broad based health information and support service for young people aged 12-25 years. Drop-In sessions held in Blairgowrie and Perth.

Tel 01738 564294 • Email ypht.tayside@nhs.net

Youth Justice Team

Assessment and intervention with young people involved in general offending, sexually harmful and violent behaviours either through the Children's Hearing system or Court.

Tel 01738 444244 • Email CJS@pkc.gov.uk

additional support needs

Children may require additional support or services for a variety of reasons and at different times in their lives. Families too often benefit from the support and guidance of others when meeting the needs of their children. Within Perth and Kinross a range of provision exists for children with additional support needs and their families.

Please refer to the education section of this booklet for further information on services for school pupils who have additional support needs.

Perth and Kinross Information

ADHD Support Group

Set up to provide support, understanding and information to children, young people and families affected by Attention Deficit Hyperactivity Disorder (ADHD) and other associated social, emotional and behavioural difficulties.

Tel 07545 304905

Crossroads Children's Services (Perth & Kinross)

Well trained staff offer respite to the parent/carer, giving peace of mind to enjoy a well earned break. The objective is to relieve stress in families caring for those with additional support needs.

Tel 01738 639460 • www.crossroads-scotland.co.uk

Disability Information Service in Perthshire

Local disability information and advice service in Perthshire, also known as DISIP. The service aims to improve the quality of life for disabled people in Perth and Kinross by offering accurate, free, current and relevant disability related information.

Tel 01738 440099 • www.disip.org.uk

Headway Perth & Kinross

Headway aims to promote understanding of all aspects of head/brain injury and to provide services for the brain injured, their families, and carers, offering support, information, outreach, advocacy and helpline.

Tel 01738 550200 • www.headway.org.uk

Open Minds - ENABLE

Provides information and support for families affected by Autistic Spectrum disorders.

Tel 01738 449347 • www.enable.org.uk

Parent to Parent

An organisation designed to provide support to parents in Tayside with children who have additional support needs whether physical, learning, emotional or medical. Family workers are employed to provide assistance to families by offering one to one support, group support, help with benefits etc.

Tel 01382 455200 • www.parent-to-parent.org

Perth & Kinross Society for the Blind

The Society aims to provide help and welfare for all blind and partially sighted people living within Perth and Kinross. It does this through assessment, rehabilitation, provision of aids, clubs and leisure pursuits, subsidised holidays and outings, grants for hardship and heating and provision of advice and information.

Tel 01738 626969 • www.nalsvi.cswebsites.org

PUSHing for Social Inclusion

An organisation promoting change that will lead to inclusion in the community for people in Perth and Kinross who have learning disabilities.

Tel 01738 621929 • www.pushinfo.org

SHIP - Support, Help and Integration in Perthshire

A parent led self-help group, which aims to improve the quality of life for children with additional support needs by offering practical and emotional support to parents and carers, providing appropriate activities and facilities for the children's needs and encouraging integration.

Tel 01738 441077

The Spectrum Group

Youth Club for young people aged 12 and over who have Aspergers Syndrome or higher functioning Autism. Parent Support group meets in Perth monthly with speakers and specialist library.

Ann Barrett • Tel 01250 874730 • Email ann@lorntyglen.org.uk

SPLASH

A play scheme which caters for the specialist needs of children with complex disabilities. Sessions run during Summer, Easter and October school holidays.

Tel 01738 441077

Tayside Deaf Association

Aims to ensure access to services available in the wider community and to promote the interests of deaf and hard of hearing people.

Text 01382 227052 • Tel 01382 221124 • www.taysidedeaf.org.uk

National Information

Action for Sick Children

A network of field workers, supported by local volunteers, provide practical help, support and information to sick children and their parents in hospital, at home and in the community. Also provides a wide range of publications for health professionals, parents and families.

Tel 0800 0744 519 • www.actionforsickchildren.org

Advice Service Capability Scotland

Offers information on Capability Scotland Services, specialist advice on Cerebral Palsy and general advice on disability issues. Also holds details of local groups and organisations offering leisure activities for disabled children or adults.

Tel 0131 313 5510 • www.capability-scotland.org.uk

Capability Scotland

Provides a range of flexible services which support disabled people of all ages in their everyday lives.

Tel 0131 313 5510 • www.capability-scotland.org.uk

Care Co-ordination Network

A networking organisation promoting and supporting care co-ordination or key working for disabled children and their families.

Tel 0131 243 2634 • www.ccnuk.org.uk

Contact a Family

Provides advice, information and support to the parents of all disabled children - no matter what their disability or health condition. Also enable parents to get in contact with other families, both on a local and national basis.

Tel 0808 808 3555 • www.cafamily.org.uk

Disabled Parents Network

A membership organisation of, and for, disabled parents. The network operates a peer support/contact register that is open to all disabled parents, circulates a newsletter to members and operates a helpline staffed by disabled parent volunteers.

Tel 0300 3300 639 • www.disabledparentsnetwork.org.uk

Enable Scotland

Campaigns for better rights and services for people with learning disabilities and their families in Scotland. Over 60 local branches provide support, advice and social activities.

Tel 0141 226 4541 • www.enable.org.uk

Enquire

Scottish independent advice and information service for additional support for learning (special educational needs).

Tel 0845 123 2303 • www.enquire.org.uk

Special Needs Information Point

Provides advice and information on services available to children with additional support needs and their carers. You don't always have to have a specific question, they also provide a 'listening ear'.

Tel 0131 536 0583 • www.snipinfo.org

The Family Fund

Champions an inclusive society where families with severely disabled children have choices and the opportunity to enjoy ordinary life. Provides grants to families with severely disabled or seriously ill children, based on the family's views and needs.

Tel 0845 130 4542 • www.familyfund.org.uk

UPDATE

Scotland's National Disability Information Service, providing a comprehensive package of disability information, resources and other supporting services to enable any type of organisation to provide reliable, relevant and up-to-date disability information.

Tel 0131 669 1600 • www.update.org.uk

Condition Specific Websites

Afasic Scotland	Tel 0845 355 5577 • www.afasicscotland.org.uk
Cystic Fibrosis Research Trust	Tel 0845 859 1000 • www.cftrust.org.uk
Down's Syndrome Scotland	Tel 0131 313 4225 • www.dsscotland.org.uk
Dyslexia Scotland	Tel 0844 800 84 84 • www.dyslexiascotland.org.uk
Epilepsy Action Scotland	Tel 0808 800 2200 • www.epilepsyscotland.org.uk
Muscular Dystrophy Campaign	Tel 0800 652 6352 • www.muscular-dystrophy.org
National Autistic Society	Tel 0141 221 8090 • www.autism.org.uk
National Deaf Children's Society	Tel 0808 800 8880 • www.ndcs.org.uk
Scottish Spina Bifida Association	Tel 0845 911 1112 • www.ssba.org.uk
Tourette Scotland	Tel 01738 450411 • www.tourettescotland.org

family support

We understand that, although very rewarding, being a parent or carer can also be challenging. Often a little support can make a big difference. Every family faces challenges and there are a range of services that can offer advice and support to help families get through these times. The type of support required will be different for each individual family and some families may find it helpful to have various types of support at various stages. It is important, therefore, that families have access to a range of services that are flexible enough to offer the right service at the right time.

This section of the directory looks at services for families with children from birth to age 16. To ensure that parents and carers have access to the right support a wide range of services have been included, ranging from national helplines and websites to more local group and one-to-one support. Therefore, whatever the challenge we are sure that you will find a service that offers support in a way that you are comfortable with listed in this section. However, if you are not sure which services would be right for you, remember that you can always speak with your Health Visitor, with staff at your child's school or you can contact our Parenting Support staff on 01738 472350.

Child Protection

Protecting children and young people is everyone's responsibility. All children and young people have the right to be protected and safe from harm and we all have a responsibility to help keep children safe.

You may see or hear things which make you worry about a child's care, welfare or safety. Everyone has a duty to report any concerns they might have about a child. You can contact:

Perth & Kinross Council's Child Protection Team

Tel 01738 476768 • Email childprotection@pkc.gov.uk

Out of Hours Social Work • *Tel 01382 432270*

Tayside Police Public Protection Unit • *Tel 01738 892912*

In an emergency when a child has been seriously hurt or injured contact the emergency services by phoning 999.

Social Work Services for Children

Social workers, located in teams across Perth and Kinross, provide a wide range of family support and intervention where there is an assessed need or risk. Services provided include advice and practical support to parents; help to address family conflict, offending and challenging behaviour and school attendance issues. Direct work is also undertaken with vulnerable children and young people. Teams are linked to secondary school catchment areas to enable integrated working between Education and Social Work services. Referrals can be made through:

Duty/Child Protection Team, Pullar House, Perth • Tel 01738 476768

Child Health Social Work Team

The Child Health Team remit covers the Perth and Kinross area, providing support for families where a child has been assessed as having a profound physical or learning disability. The team offer information, advice, support and access to respite resources.

Tel 01738 447479

Education Social Work

Offers support to children and their families with school attendance/behaviour issues. The team aims to work directly with schools, young people, families and other agencies, looking at all aspects of the child's life and supporting attendance and inclusion within school, home and the community.

Jane Keep • Tel 01764 657510

Fostering and Adoption

Different types of carers are needed to support children and young people who, through a range of circumstances, may not be able to lead a normal family life with their own parents or relatives. If you feel you could give a child or young person a safe, secure family environment, whether for a few days, a few months, or more permanently, please get in touch with us. We would be delighted to hear from you.

Tel 01738 783450 • Email ecsfosteringandadoption@pkc.gov.uk

Early Years Resource Team

Provision of early intervention services for vulnerable families, where the children are aged from 0-8 years. The Team does this by engaging with families, often in conjunction with other professionals as part of a Care Plan. This includes practical/modelling support for parents and individual programmes for parents and children.

Tel 01738 472260 • Email almondbankhouse@pkc.gov.uk

Local Information

Parent Programmes - Community Crèches

A wide range of activities are available to parents and carers through Crieff and Auchterarder Community Crèches. These programmes are delivered by Parenting Support Workers and are open to all. Please contact for more information and to get details of the latest programme.

Yvonne Skillin • Tel 01738 472350

Email Parenting@perthgrammar.pkc.sch.uk

Perth and Kinross Information

Action for Children - Perthshire Families Service

PACT service provides a range of interventions in order to support individual children or young people, and/or their families. The service works towards improved outcomes in the lives of children and their families, with the aim of children or young people remaining safely at home and/or in mainstream education. Referrals are made by the Council's Education or Social Work Services.

The P4 service works with families where there are concerns around anti social behaviour and/or a threat to a tenancy. Referrals are made by Housing, Education or the Anti-Social Investigations Team.

There is an emphasis within the work of both services on parenting support through group or one-to-one support, or a combination of both.

Tel 01738 639265

Drug & Alcohol Team

Support to address drug and/or alcohol use. Support for carers/families affected by drug and alcohol use.

Tel 01738 444433

Handling Children's Behaviour & Handling Teenage Behaviour Courses

Available to all families across Perth and Kinross, these courses provide tips on handling children's and teenage behaviour and offer family support. Parents can also enjoy sharing methods and experiences with each other. Courses are delivered at various times and are often supported with a free crèche. Please contact the Childcare Strategy Team for more information.

Tel 01738 472350 • Email parenting@perthgrammar.pkc.sch.uk

Home-Start Perth

Home-Start Perth is a voluntary organisation working to support families by matching them with a parent volunteer who can offer support and encouragement where it is needed, helping parents understand and respond to the needs of their young children.

Tel 01738 638847 • www.homestartperth.org.uk

HOPSCOTCH (Barnardo's)

The project supports vulnerable children and young people whose lives are directly affected by family members' misuse of alcohol and other substances.

Tel 01738 634504 • www.barnardos.org.uk

Independent Advocacy Perth & Kinross

To enable those people in Perth and Kinross experiencing mental health problems, learning and physical disabilities, dementia, frailty, or age related problems to have their voices heard by providing Independent Advocacy so that they are involved in decisions which affect their lives. We work together with volunteers to create a stronger community where people are valued. Please note this service does not offer carers or citizens advocacy.

Tel 01738 587887 • www.iapk.org.uk

Mums in Mind

A group run by Home-Start Perth to provide support to women experiencing moderate post-natal depression by introducing them to other women with similar experiences. Mums can bring their babies to infant massage sessions and may also attend therapeutic group counselling with other women, facilitated by experienced group therapists. Speak to your Health Visitor/Community Psychiatric Nurse or ring Home-Start Perth for more information.

Tel 01738 638847 • Email info@homestartperth.org.uk

National Childbirth Trust

NCT is a charity which offers information and support in pregnancy, childbirth and early parenthood and aims to enable every parent to make informed choices. The Perth & District Branch offers ante-natal classes, support with breastfeeding and post-natal support.

Tel 01738 447047 • www.nct.org.uk



Peers Early Education Partnership (PEEP)

PEEP is a family learning programme which celebrates parents and carers as their children's first educators. Based on singing, stories, activities and parents' talk time, PEEP is a fun way for children and adults alike to make new friends, share experiences and learn new things. PEEP groups are available to families across Perth and Kinross with children under five.

Tel 01738 472350 • Email parenting@perthgrammar.pkc.sch.uk

Perth & Kinross Libraries - Parenting Lapsacs

Parenting Lapsacs are rucksacks that contain a range of materials on a particular theme, including children's story and information books, a DVD and a toy to help families learn together. Topics covered include: Sleep, New Baby, Healthy Eating, Family and Starting School. Families can borrow lapsacs from AK Bell Library in Perth and through local libraries.

Tel 01738 477023

Perth and Kinross Real Nappy Network

Provides information, advice and support to parents, parents-to-be, health professionals and others interested in finding out more about washable nappies. Using washable nappies helps to reduce the amount of waste sent to landfill and can save parents money.

Tel 01738 476476 • www.pkrnn.org.uk

Perthshire Women's Aid

Provides information, support and refuge to abused women and their children.

Tel 01738 639043 • www.perthwomensaid.org.uk

Play @ Home

A series of three books, for babies, toddlers and pre-schoolers, with lots of fun and exciting activities for you to enjoy with your child. The activities encourage good health, fitness and strong family relationships from a very early age. Please get in touch for more information or to request copies.

Tel 01738 472350 • Email parenting@perthgrammar.pkc.sch.uk

Positive Parenting

Provides a wide range of parenting courses, handbooks, and other resources which are used in schools, children's centres, community groups and prisons. These are well grounded in research but have a practical, common sense and 'user friendly' approach, which is very accessible and popular with parents.

Tel 07549 169058 • www.parenting.org.uk

Twins Plus Perth

Parent & Toddler Group that welcomes and provides support for families/carers of twins, triplets etc from pre-birth to pre-school age. The group offers a wide range of activities.

Tel 07850 894078 • www.twinsplusperth.co.uk

National Information

Aberlour Child Care Trust

Works in Scotland with, and for, children, young people and families who need additional support, to promote their development and wellbeing. Provide advice and support for parents.

Tel 01786 450 335 • www.aberlour.org.uk

Action for Children

Supports some of the UK's most vulnerable and excluded children, and works in partnership to develop services in response to the needs of local children, young people and their families.

Tel 0300 123 2112 • www.actionforchildren.org.uk

Barnardo's

Works with the most vulnerable children and young people, helping them transform their lives and fulfil their potential.

Tel 0131 334 9893 • www.barnardos.org.uk

CHILDREN 1ST

Works to give every child in Scotland a safe and secure childhood by supporting families under stress, protecting children from harm and neglect, helping children recover from abuse and promoting children's rights and interests.

Tel 0131 446 2300 • www.children1st.org.uk

Compassionate Friends

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They can also put you in touch with your nearest local contact and provide you with information about services.

Tel 0845 123 2304 • www.tcf.org.uk

Couple Counselling Tayside

Relationships can go through difficult and stressful periods when everything seems to be going wrong. Couple Counselling Tayside's role is to help you work through those things you can change, and so improve your relationships.

Tel 01382 640123 • www.couplecounsellingtayside.org.uk

Cry-sis

Offers support for families with excessively crying, sleepless and demanding babies.

Tel 08451 228 669 • www.cry-sis.org.uk

Families Need Fathers

Provides support to divorced and separated parents, irrespective of gender and marital status, on shared parenting issues arising from family breakdown. The primary concern is to maintain the child's relationship with both parents.

Tel 08707 607496 • www.fnf.org.uk

Family Links

Promotes emotional literacy, nurturing and relationship skills in families, schools and communities. Family Links' aim is to help everyone - children and adults alike - get the best out of family life.

Tel 01865 401800 • www.familylinks.org.uk

Kidscape

Established specifically to prevent bullying and child sexual abuse and is committed to keeping children safe from abuse. The helpline is for the use of parents, guardians or concerned relatives and friends of bullied children. Children experiencing bullying problems should ring Childline on 0800 1111.

Tel 08451 205 204 • www.kidscape.org.uk

One Parent Families Scotland

A national voluntary organisation working on behalf of lone parents and their families.

Tel 0808 801 0323 • www.opfs.org.uk

Parent Network Scotland

Works through a network of parent facilitators in the belief that the best people to help parents are other parents. The network also provides information and other resources to parents and professionals.

Tel 0141 948 0022 • www.parentnetworkscotland.org.uk

Parenting Across Scotland

A partnership of voluntary organisations which use their experience of working with thousands of parents to find ways of supporting parents and families better.

Tel 0131 319 8060 • www.parentingacrossscotland.org

Parentline Plus

A national charity that works for, and with, parents to offer help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents.

Tel 0808 800 2222 • www.parentlineplus.org.uk

Relationships Scotland

The aims and objectives of Relationships Scotland are to: assist divorcing and separating parents to reach agreement about future arrangements, especially for their children; offer support and counselling to children and young people who are experiencing changes in their lives due to parental separation, divorce or moving into a step family; help children to maintain a meaningful relationship with both of their parents.

Tel 01382 201343 • www.relationships-scotland.org.uk

Scottish Adoption

Scottish Adoption offers information, counselling and support to anyone who has adopted, has been adopted or is interested in adoption.

Tel 0131 553 5060 • www.scottishadoption.org

Scottish Cot Death Trust

Supports families affected by cot death and provides education on the topic for both the public and health care professionals.

Tel 0141 357 3946 • www.sidscotland.org.uk

Scottish Marriage Care

Provides relationship counselling and early intervention to people of all ages and stages in their relationship. Services are for the whole community without exception. Also offers specialist relationship services for young people and young parents.

Tel 0141 222 2166 • www.scottishmarriagecare.org

Stepfamily Scotland

Provides support and information for all members of stepfamilies and those who work with them. Helpline operates to supply information, advice and support throughout Scotland.

Tel 0845 122 8655 • www.stepfamilyscotland.org.uk

Stepping Stones for Families

Provides support, opportunity and a voice for families and young people living in disadvantaged communities.

Tel 0141 849 6333 • www.ssff.org.uk

Twins and Multiple Births Association

Provides information and mutual support networks for families of twins, triplets and more. Operates a Freephone helpline, Twinline, a national, confidential, support, listening and information service for parents and for the professionals involved in their care.

Tel 0800 138 0509 • www.tamba.org.uk

Helplines

Bluebell at ParentLine Scotland

Postnatal depression telephone helpline. All calls are answered by specially trained volunteers. The helpline means that for the first time anyone affected by postnatal depression has easy access to support.

Tel 0800 345 7457 • www.children1st.org.uk

ChildLine

ChildLine is a free helpline for children and young people in the UK. Children and young people can call to talk about any problem - counsellors are there to help you sort it out.

Tel 0800 1111 • www.childline.org.uk

Lone Parent Helpline Scotland

Free, independent helpline for lone parents and anyone affected by issues surrounding one parent families. The helpline offers free, confidential information and publications on the key issues faced by lone parents or family members.

Tel 0808 801 0323 • www.opfs.org.uk

NSPCC Child Protection Line

The NSPCC campaigns for children's rights and safety and lobbies key decision makers who can affect children's lives.

Tel 0808 800 5000 • www.nspcc.org.uk

Parentline Scotland

At some time all parents find that parenting can be difficult, stressful, and even impossible. Parentline Scotland is the free, confidential, telephone helpline for anyone caring for a child in Scotland. You can call about any problem, however big or small.

Tel 0808 800 2222 • www.children1st.org.uk

Useful Websites

BBCi Parenting

Offers practical solutions to help with the challenges of everyday parenting - great features, expert advice, and tips and support from other mums and dads.

www.bbc.co.uk/parenting

Beatbullying

Focuses on helping young children overcome the increasingly widespread problem of bullying, merging an interactive games-type environment with accessible content. The site is open to victims of bullying as well as bullies and allows those affected to learn from other people's experiences.

www.bbcllc.com

Bullying Online

Provides help and advice for pupils, parents, teachers and youth leaders on tackling bullying as well as a problem page for children.

www.bullying.co.uk

Dad Info

Website designed to give dads a free and permanent source of the information they're likely to need - from pregnancy, birth and babies to financial, legal and education info - from a dad's perspective.

www.dad.info

Dads UK

A news and information site dedicated to giving a voice and support to all people interested in fathers' rights.

www.dads-uk.co.uk

Kidsmart

A practical internet safety programme website for schools, young people, parents, and agencies, produced by the children's internet charity Childnet International.

www.kidsmart.org.uk

Netmums

A local network for mums with a wealth of information and advice on being a mum or dad in your local area.

www.netmums.com

OK to Ask

A database set up by Parenting Across Scotland where you can look for help with parenting and family issues.

www.parentingacrossscotland.org

PlayTalkRead

Designed to encourage parents to help their young child develop by playing, talking and reading with them.

www.infoscotland.com/playtalkread

Raisingkids.co.uk

Offers support, information and friendship to everyone who is raising kids. Sections feature information, advice, articles and a chat forum on the subject of teenagers.

www.raisingkids.co.uk

Talk to Your Baby

Talk To Your Baby is a campaign run by the National Literacy Trust to encourage parents and carers to talk more to children from birth to three.

www.literacytrust.org.uk/talktoyourbaby

ThinkUKnow

Do you think you know who you're talking to online and where to go when you're worried? This website gives information on how to stay in control of online risks and to report abuse.

www.thinkuknow.co.uk

Twinsclub

UK based website for parents (and parents to be) of Twins, Triplets, Quads and more. Contains advice, information and a comprehensive list of links to other multiples websites.

www.twinsclub.co.uk



health

General Practitioner Services

General Practitioners (GPs) are the first point of contact for people seeking the help of a doctor. They provide a wide range of personal medical care and refer patients to specialist services when they need them. GPs' surgeries are located throughout Perth and Kinross, see list overleaf for details or call 01382 423000.

If you or someone you know is unwell and needs medical advice or needs health information, you can call NHS 24 and speak to a nurse advisor or health information advisor. NHS 24 is available 24 hours a day, 7 days a week - tel 0845 424 2424. www.nhs24.com provides comprehensive up-to-date health information and self-care advice.

If you are unwell when your GP practice is closed, you should call NHS 24 who will advise whether you should attend one of the Minor Injury Units located throughout Perth and Kinross.

For serious accidents and emergencies you should attend either Perth Royal Infirmary or Ninewells Hospital, Dundee.

Hospital Services

St Margaret's Hospital

AUCHTERARDER PH3 1JH • Tel 01764 662246

Crieff Community Hospital

King Street, CRIEFF PH7 3HR • Tel 01764 653173

Perth Royal Infirmary, Taymount Terrace, PERTH PH1 1NX

Main Switchboard - Tel 01738 623311

Accident & Emergency - Tel 01738 473841

Admissions & Enquiries - Tel 01738 473734

Paediatric Ward - Tel 01738 473245

Murray Royal Hospital, Muirhall Road, PERTH PH2 7BH

Tel 01738 621151

Ninewells Hospital, DUNDEE DD1 9SY

Tel 01382 660111

Maternity Services

Midwives specialise in care of women throughout pregnancy, childbirth and the early days following birth. They offer information and support, antenatal checks, parent education and exercise classes throughout pregnancy. Midwives can be

contacted directly when you discover you are pregnant, and in many cases will be the only health professional seen.

Perth Community Midwife Unit provides antenatal and post natal care for all pregnant women in the Perth and Kinross area. Low-risk women can give birth in the new purpose built midwives unit. Birth facilities for women with high-risk pregnancies, eg twins, pregnancy complications etc, are provided at Ninewells Hospital. All women have the opportunity to discuss birth options during their pregnancy.

Perth Midwife Unit runs several antenatal clinics: these are also run in GP practices by Community Midwives. There are two consultant led clinics and a Maternity Day Care facility, which is run Monday - Friday for women who require additional care. Antenatal classes, exercise and physiotherapy classes and out-patient care are run for all women, some in rural areas. Midwives can be contacted in the unit 24 hours a day if you have concerns about your pregnancy.

**Perth Midwife Unit, Perth Royal Infirmary, Jeanfield Road, PERTH PH1 1NX
Tel 01738 473425**

Maternity Day Care - Tel 01738 473557

Parent Education - Tel 01738 473269

Antenatal Clinic - Tel 01738 473270

Community Midwife Teams:

Perth City: Red - Tel 01738 473274

Blue - Tel 01738 473494

Yellow - Tel 01738 473416

Kinross - Tel 01577 866421

Strathearn - Tel 01738 473406

Strathmore - Tel 01738 473991

Strathtay - Tel 01738 473493

Allied Health Professions - Child Health Services

There are nine Allied Health Professional groups which work in close partnership with other healthcare professionals, education, social work and the voluntary sector: Occupational Therapy; Speech and Language; Physiotherapy; Podiatry; Arts Therapies; Dietetics; Orthotists and Prosthetists; Orthoptics; Diagnostic and Therapy Radiography. Together they have a shared responsibility for meeting children's needs.

A physiotherapy service for children and young people is provided at the Sunflower Centre, Perth Royal Infirmary • Tel 01738 473330.

Further information on local Allied Health Professional services can be obtained from your health centre, GP practice or school.

Health Visitors

Health Visitors promote child and family health and wellbeing. Their remit includes: Ante-natal and post-natal visits; Breastfeeding support and education; Baby massage; Weaning for babies; Sleeping issues; Child health clinics, drop-in and immunisation clinics; Childhood screenings; Parenting skills; Health promotion; Family health needs assessments; Smoking cessation groups; Healthy eating advice; Child protection and care of vulnerable families; Help with housing, benefits, financial advice and referrals.

Your local Health Visitor can be contacted through your GP practice.

Family Planning Clinics

Drumhar Health Centre, South Methven Street, Perth • Tel 01738 564272

Dental Services

Dental Services are available in town centres across the Perth and Kinross area. If you have a dental emergency you can telephone Community Dental Services on 01738 564261 at 8.30 am Monday to Friday. For information about NHS Dentists call 01382 667082.

Local Information

GP Surgeries

Dr Carroll, Payne, Tipping

Comrie Medical Centre, Strowan Road, Comrie, CRIEFF PH6 2LW • Tel 01764 670217

Dr Carter, Ewing, H Kirkwood, Savage

Red Practice, Crieff Medical Centre, King Street, CRIEFF PH7 3SA • Tel 01764 652456

Dr Dickson, Fiskin, Grant, Laird, McLeay, Paterson, Price, Wylie

*St Margaret's Health Centre, St Margaret's Drive, AUCHTERARDER PH3 1JH
Tel 01764 662275/662614*

Dr Dougall, Evans, Martin, A Mathews, Mitchell

Blue Practice, Crieff Medical Centre, King Street, CRIEFF PH7 3SA • Tel 01764 652283

Dental Surgeries

Blackhills Clinic

5 Maidenplain Place, Aberuthven, AUCHTERARDER PH3 1EL • Tel 01764 664446

Care Dental

34 Comrie Street, CRIEFF PH7 4AX • Tel 01764 652607

Comrie Dental Practice

Dundas Street, Comrie, CRIEFF PH6 2LN • Tel 01764 679040

Laurel House Dental Practice

181 High Street, AUCHTERARDER PH3 1AF • Tel 01764 664110

Laurel House Dental Practice

Comrie Road, CRIEFF PH7 4BJ • Tel 01764 652209

McChesney, Hooper & Milne

213 High Street, AUCHTERARDER PH3 1AF • Tel 01764 664420

Viewfield Dental Practice

11 Townhead, AUCHTERARDER PH3 1AH • Tel 01764 662146

Perth and Kinross Information

'Give It Up for Baby'

Project to support pregnant women who smoke to give up through one to one support with pharmacy and development worker. An incentive of £12.50 per week, to be used for groceries, is allocated for being smoke free. This is monitored through testing at the local pharmacy.

Tracey Furness • Tel 07766 424472 • Email TFurness@nhs.net

NHS Tayside Smoke Free Services - Smoking Cessation

Offers a wide range of support to help you stop smoking - Individual Support, Community Pharmacy Support or Group Support and information on Nicotine replacement therapy and Varenicline (Champix).

Contact Tayside Smoke Free Services on 0845 600 9996 or call or text Judy Robertson Smoking Cessation Co-ordinator for Perth and Kinross on 07768 917743



activities and leisure

Keeping your family entertained, stimulated and active is often challenging, but there are many different opportunities available in your local area and throughout Perth and Kinross. We have gathered details of activities ranging from scouts and guides to drama, dance, family fun and sports.

Local Information

Libraries

You're never too young or too old to join the library and with thousands of books, DVDs and CDs, not to mention free broadband internet access we can offer something for all the family.

Babies and parents are welcome to the fun and friendly Bookstart Rhymetimes, while older children will enjoy our regular story telling sessions and the annual Summer Reading Challenge. We offer a range of family activities throughout the year.

If you love reading and would like to meet and share your opinions with other keen readers why not join a library book group. There are groups for children and for adults.

Book lovers will also enjoy our regular programme of events and the opportunity to meet visiting authors

Email family and friends on our free internet service, or delve back in time with our Archives and Local Studies departments and discover how families lived in Perth and Kinross 50 or 500 years ago.

Find homework help; discover the latest job vacancies, find health information, trace your family tree or plan a family holiday, our range of free information resources will get you on the right track.

Library membership is free and with 13 local and three mobile libraries we reach out across all of the big county. Visit our website www.pkc.gov.uk/library or ring us now on 01738 444949 and discover what the library can do for you.

Auchterarder Branch Library, Chapel Wynd, AUCHTERARDER PH3 1BL
Tel 01764 663850 • Email auchterarderlibrary@pkc.gov.uk

Comrie Branch Library, Drummond Street, Comrie, CRIEFF PH6 2DS
Tel 01764 670273 • Email comrielibrary@pkc.gov.uk

Strathearn Community Library, Strathearn Community Campus, Pittenzie Road, CRIEFF PH7 3JN • Tel 01764 657705 • Email criefflibrary@pkc.gov.uk

Strathearn Community Campus

Strathearn Community Campus offers a wide range of facilities for all members of the local community and is the new home for Crieff High School.

State of the art classrooms combine with the latest sports and cultural facilities to provide first class education and sports and leisure services. There is a diverse range of facilities on offer which provide something for everyone: individuals, community groups and sports clubs. These include: library, café zone, gym, fitness suite, dance studio, multi-use games area, swimming pool, meeting rooms and hall with cinema-style projection. There is also a range of sports and fitness classes available in addition to activities such as squash, 5-a-side football, badminton and swimming.

The campus will be open for use by the community both during and outside of school hours, and during school holiday periods and weekends. Bookings for the meeting rooms, sports and leisure facilities and community spaces can be made in person at the campus reception, by telephone or by email.

Tel 01764 657700 • Email strathearnreception@pkc.gov.uk

Active Fun Full Day Camps - Auchterarder (P1 – P7)

Full and half day options available at Auchterarder. Sports facilities during Easter, Summer and October holidays. Activities include football, basketball, badminton, quick cricket, creative fun and Wii games. Supervised at all times by qualified coaches.

Tracey Green • Tel 01764 661334 • www.liveactive.co.uk

Active Fun Programme - Strathearn Recreation Centre

A varied, fun activity programme for primary age children during term time, activities include football and dance.

Steve McPhee • Tel 01764 653779 • www.liveactive.co.uk

Active Schools

Active Schools is a national initiative aimed at encouraging more children and young people, including those with additional support needs, to get and stay active. Contact your Active Schools Co-ordinator for information about activities and clubs available locally.

Roz Findlay • Tel 01764 661310/07824 537205 • Email RFindlay@pkc.gov.uk

Active Steps Pre-School Programme - Strathearn Recreation Centre

Pre-School activities for 18 month - 3 years and 3-5 years. Activities include Wee Springers, Kiddie Kickers and swimming lessons.

Steve McPhee • Tel 01764 653779 • www.liveactive.co.uk

Auchterarder Gymnastics Club

Pre-School sessions for 18 months to 5 years on Tuesdays and Thursdays at Auchterarder Gymnastics Facility

Tel 01764 664580 • www.auchterardergymnastics.co.uk

Beaver Scout Group in Comrie

Beavers are the youngest members of the Scout movement, aged 6 to 8, both boys and girls are welcome to join. Meet in the White Church, Comrie.

Susan Alexander • Tel 07734 088974

Rainbows

Comrie Parish Church Hall, Dundas Street, Comrie

Joan Murdoch • Tel 01764 670373

Riding for the Disabled Groups

Provides the opportunity of riding to disabled people who might benefit in their general health and well being and as a sport, therapy and educational recreation.

Auchterarder • Tel 0845 241 1353 (Meet at Gleneagles Equestrian Centre)

Strathearn • Tel 0845 450 6845 (Meet at Crieff Hydro Stables)

www.rda.org.uk

Summer Family Fun

Contact Jenny for details of free holiday activities for families with children of Primary School age in Auchterarder, Dunning and Blackford. Children need to be accompanied by an adult.

Jenny Main • Tel 01764 661238 • Email jmain@auchterarder.pkc.sch.uk

Perth and Kinross Information

Active Kids

Indoor play area and café, outdoor play fort, pedal go kart track, large sandpit with excavators, trampolines, trim trail, farm animals and more.

Burnside Farm, Stanley

Tel 01738 827286 • www.activekidadventurepark.co.uk

Arts Development Service

The Arts Development Service provides a wide range of arts services to individuals, communities and schools. The service is open to everybody living and working in Perth and Kinross and aims to provide local access to the arts, including drama, dance, music, visual arts and new media.

Tel 01738 477834 • Email artsdev@pkc.gov.uk

Artspace Scotland Limited

Provides art and craft classes for children in a purpose built art space. Open Monday to Friday, please contact for details of classes available.

Tel 01738 587565 • www.artspace-scotland.co.uk

Bookstart Rhymetimes

Free, friendly, fun sessions of songs, rhymes and stories for babies and toddlers and their carers. You need to book a place at sessions held in the AK Bell Library (01738 477023) and Blairgowrie Library (01250 872905). For all other libraries, sessions are drop in- just turn up. Rhymes and songs help your baby's language skills and are great building blocks for your baby's future learning. Sharing time singing with your baby is a fantastic way to have fun together. Rhymetime is also a great place to meet other parents and babies. Check the website for details of days and times or contact your local library.

Tel 01738 444949 • www.pkc.gov.uk/bookstart

Heritage Service

Perth Museum & Art Gallery houses one of the oldest collections in Britain, including archaeology, natural history, local history and art. A changing programme of exhibitions and free family events is arranged throughout the year, phone 01738 632488 for more details.

The Fergusson Gallery in Marshall Place, Perth has the largest collection of the works of John Duncan Fergusson. There is a changing programme of exhibitions throughout the year and an Art Cart with activity ideas to suit all ages. Phone 01738 783425 for more details.

Entry to all exhibitions is free. Opening times 10.00 am to 5.00 pm Monday to Saturday.

Tel 01738 632488 • www.pkc.gov.uk/museum

Noah's Ark

A specially equipped children's soft play barn for the under 12s at Glendevon Farm, Perth.

Tel 01738 445568 • www.noahs-ark.co.uk

Perth and Kinross Girl Guiding

Information on Girl Guides groups throughout Perth and Kinross for girls, young women and adults from age 5 to 65. Rainbows 5-7 years; Brownies 7-10 years; Guides 10-14 years; Senior Section 14-18; Adult volunteers 18-65 years.

Tel 01738 443223 • Email pkcounty1@o2.co.uk

Perth and Kinross Scout Association

Information on Scout Groups throughout Perth and Kinross. Membership open from age 5 (Beaver) to age 25 (Network). More adult leaders aged 18 plus are needed to provide scouting for all the young people who want to be involved. Please contact for details of local groups or information on becoming an adult leader.

Tel 01738 625457 • Email i_ogilvy@hotmail.com

Perth Theatre and Perth Concert Hall

Perth Theatre and Perth Concert Hall have lots of different shows, workshops and events throughout the year for you and your little ones. These include an annual Christmas show, the Singing Kettle and summer workshops. The Theatre also runs Perth Youth Theatre for 12-25 year olds.

Tel 01738 472700

Perth Toy Library

A toy lending library for use by all individuals, families and pre-school groups within Perth and Kinross. There is a wide range of exciting toys, games, puzzles, videos, CD-ROMs and outdoor play equipment for hire. Baby equipment is also available including buggies, travel cots, high chairs etc.

Tel 01738 637335

Toybox

The Childcare Strategy Team's toy lending facility, complementing Perth Toy Library, is available to families and services across Perth and Kinross. A wide range of resources, mostly suited to the under fives, are available to borrow free of charge for up to four weeks. Families and services should get in touch to request a CD-ROM of all resources to enable them to select equipment.

Tel 01738 472350 • Email toybox@perthgrammar.pkc.sch.uk



community involvement

There are lots of opportunities to get involved in your local community. Many parents and carers find this a good way of building friendships with others in their area and of gaining new skills. Individuals can get involved in helping to run their local parent & toddler group or playgroup, supporting their local school through the Parent Council or participating in a wide range of community events, groups and associations, where everyone with an interest will be made very welcome.

Local Information

Community Capacity Building Team

The role of the Community Capacity Building Team is to support community members and groups to play a full and meaningful role to develop their neighbourhoods, inform local service developments and celebrate their achievements. They do this by building skills in the community; by encouraging full involvement; developing community organisations and the promotion of equal opportunities within organisations. For advice, support and information on developing your community organisation or to find out more about what's happening where you live, contact your local Community Capacity Building Worker.

Tel 01764 657700 • Email crieff-comlearn@pkc.org.uk

Jacqueline Walsh • Email JWalsh@pkc.gov.uk

Perth and Kinross Information

The Volunteer Centre Perth and Kinross

Offers information, support and guidance to enable people of all ages and abilities to access the best possible volunteering experience for them. There are many reasons why people want to volunteer - for some it's an opportunity to meet other people, make friends and gain new experiences. It can be an opportunity to use their skills and it can also be a chance to do something that might help with gaining paid employment or even getting on to a training course. Volunteering is an exchange, while doing something useful, new skills can be gained helping to increase confidence and self-esteem. Please contact the Perth office for details of weekly drop-ins in Blairgowrie, Crieff, Pitlochry and Kinross. For those who might require some more support, an easy-access course in volunteering is available, along with support in the early stages of volunteering. We also work with voluntary and community organisations by offering training and guidance in good practice, organise volunteer recruitment events and networking groups.

Tel 01738 567076 • Email sarah.renwick@pkavs.org.uk

work and finance

Maintaining a healthy work life balance is important for family life, however there are times when families need additional support or guidance on issues such as careers and employment, finance and benefits. The following agencies and organisations may be able to help.

Perth and Kinross Information

Perth Citizens Advice Bureau

Provides free, impartial and independent advice on issues such as benefits, housing issues, community care, health services, welfare rights, employment, education and debt. Based in New Row in Perth, outreach service available in Aberfeldy, Crieff, Pitlochry and Alyth.

Tel 01738 624301 • Email adviser@perthcab.casonline.org.uk

Skills Development Scotland (Careers Scotland)

Careers Scotland is part of Skills Development Scotland. As a national organisation operating throughout Scotland, Careers Scotland delivers high quality career guidance and employability services which support the people of Scotland. Services are available to people of all ages and are impartial, confidential and based on individual need. Careers Advisers work in all secondary schools in Perth and Kinross as well as working in the community and local Job Centres. There is also a public office well served with resources and staff - Perth Careers Centre, Highland House, St Catherine's Road, PERTH PH1 5RY. People are invited to pop in or phone to make an appointment. Services are free and for young people and adults alike.

Tel 01738 637639

Welfare Rights

Perth & Kinross Welfare Rights Team is part of the Council's Housing & Community Care Services. They provide free, confidential and impartial advice and information on a wide range of issues including Welfare Benefits and Tax Credits (including appeal representation); housing problems and homelessness; debt problems and employment law.

Tel 01738 646830 • Email welfare@pkc.gov.uk

National Information

Child Tax Credit and Working Tax Credit

If you are working for more than 16 hours per week, you may be able to get help with the cost of childcare through the Childcare Element of Working Tax Credit. The Inland Revenue's website explains the Tax Credits and has a calculator which will help you work out how much you could be entitled to, and will allow you to apply online.

Tel 0845 300 3900 • www.taxcredits.inlandrevenue.gov.uk

Childcare Vouchers

Childcare vouchers are a simple, straightforward way to pay for childcare and save money. Employers can offer staff childcare vouchers in place of some of their salary, currently to the value of £55 a week, with the amount given as vouchers being exempt from tax and National Insurance Contributions. See the website for full details.

Tel 0845 872 6251 • www.payingforchildcare.org.uk

Jobcentre Plus

Jobcentre Plus is a part of the Department for Work and Pensions. They aim to help more people into paid work, help employers fill their vacancies and give people of working age the help and support they are entitled to if they cannot work.

To make a claim for benefit call 0800 055 6688

To look for a job call Jobseeker Direct on 0845 6060 234

**Jobcentres: 60-62 High Street, Perth and 11-13 Perth Street, Blairgowrie
www.jobcentreplus.gov.uk**

New Deal for Lone Parents

New Deal for Lone Parents is a voluntary programme specifically designed to help lone parents into work. It offers a package of support to help you move towards a more secure future for you and your children. If you choose to take advantage of what's available by joining New Deal for Lone Parents, a personal adviser will take you through the steps to find and apply for jobs. Advisers also offer practical advice and help with finding childcare and training. Your adviser will also be able to tell you how benefits will be affected when you start work and help you to apply for any in-work benefits or tax credits.

Tel 01738 412900 • Email www.newdeal.gov.uk

Scottish Child Law Centre

The centre provides a free telephone advice service on all aspects of Scots law relating to children and young people, including education; health; social work; divorce; residence; contact; children's rights; youth offenders; and access to files.

Tel 0800 328 8970 • www.sclc.org.uk

Working Families

Working Families is a work-life balance organisation, helping give a voice to working parents and carers, whilst also helping employers create workplaces which encourage work-life balance for everyone.

Tel 0800 013 0313 • www.workingfamilies.org.uk



notes

notes

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting
Childcare Strategy Team on 0845 601 4477

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لم تلخص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:

الاسم: Childcare Strategy Team
رقم هاتف للاتصال المباشر: 0845 601 4477

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹ Childcare Strategy Team سے نمونہ نمبر 0845 601 4477 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡
Childcare Strategy Team 0845 601 4477
來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z
Childcare Strategy Team 0845 601 4477

P ežete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny)
Kontaktujte prosím Childcare Strategy Team 0845 601 4477 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись
Childcare Strategy Team 0845 601 4477

Ma tha thu fhèin neo duine a dh'aithnicheas tu ag iarraidh leth-bhreacden phàipear seo ann an cànan eile neo ann an cruth eile, (aig amannan cha bhith ach gearr-chunntas a-mhàin ri fhaighinn air eadar-theangachadh) faodar seo fhaighinn le bhith a' cur fios gu:
Childcare Strategy Team 0845 601 4477



Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility

Useful Telephone Numbers

Perth & Kinross Council

01738 475000

Jobcentre Plus

0800 055 6688

NHS 24 (Emergency Healthcare)

0845 424 2424

Social Work

01738 476700

Child Protection

01738 476768

Family Protection Unit (Police)

01738 892912

Women's Aid

01738 639043

Citizens' Advice Bureau

01738 624301

Domestic Abuse

01738 639043

Welfare Rights Team

01738 646830

Tayside Police

01738 621141

Out of Hours Emergency Numbers

Adult Care Services

0845 301 11 20

Anti-Social Behaviour Helpline

01738 476173

Child Protection

01382 432270

Council Housing Emergency Repairs

0845 301 11 10

Dangerous Buildings

01738 625411

Environmental Health

01738 625411

Flooding

01738 625411

Homelessness

0800 917 0708

Mental Health Services

0845 301 11 20

Roads

01738 625411

Perth & Kinross Childcare Information Service

Tel 0845 601 4477

Email childcare@pkc.gov.uk

www.scottishchildcare.gov.uk