

# family plus

This project is for parents and carers. All families accessing PLUS are welcome to attend these events.

Family PLUS offers opportunities for parents and carers to exchange information and support each other through quarterly meetings, events and via social media.

Through this group, parents can access and receive peer support, an opportunity to network and to build friendships.

This is also your chance to get involved in PLUS - not only to share experiences, but also to help influence the development of the organisation.

**E-mail: [Family@plusforthvalley.org.uk](mailto:Family@plusforthvalley.org.uk)**



## Play and Chat @ PLUS

**Play and Chat @ PLUS** provides an opportunity for parents to benefit from peer support and friendships through a parent and toddler group. Some families attending also have older children and siblings are welcome. The project runs weekly:

**Thursdays 9.30-11am** - Enable Falkirk, Elgin Place, Falkirk

**Fridays 1-2.30pm** - PLUS Office, Stirling

Pre-booking and a formal referral are not required.

**E-mail: [Family@plusforthvalley.org.uk](mailto:Family@plusforthvalley.org.uk)**

**Interested in fundraising for PLUS?**

**Get in touch to share your ideas or to find out how you can help!**

**[fundraising@plusforthvalley.org.uk](mailto:fundraising@plusforthvalley.org.uk)**

### How to find out more



**[www.plusforthvalley.org.uk](http://www.plusforthvalley.org.uk)**



**01786 450086**

**Broadleys Road,  
Springkerse Industrial  
Estate, Stirling,  
FK7 7ST**



**'PLUS88'**



**@PLUS\_Charity**



**[mail@plusforthvalley.org.uk](mailto:mail@plusforthvalley.org.uk)**

**Supporting an ordinary social life**

**PLUS**

**A natural break for carers**

This leaflet is also available in other formats and languages on request



**Information for children and young people 5 years plus and their families in Stirling**

**PLUS aims to provide a better quality of life for children and young people with disabilities and their families across the Forth Valley through social inclusion and regular short breaks.**

**Information specific to our services in Stirling are detailed inside.**

**PLUS wishes to thank our funders for their ongoing support. This includes parents and carers, Stirling Council, The Big Lottery, Agnes Hunter Trust, Robertson Trust, RS Macdonald, YPI via the Wood Group, Gannochy Trust and St James Place to name a few. These funds allow us to offer increased support to the families accessing PLUS and to develop our resources.**

Registered Charity No. SC003945 SCSWIS. CS20003035186

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## playplus

**Age:** 5-10 years old

**Play PLUS** provides support for children to attend holiday, weekend and evening play activities. A focus is placed on venue-based play and social opportunities, with a wider range offered during summer, including soft play, swimming and trips out.

**Email:** [projects@plusforthvalley.org.uk](mailto:projects@plusforthvalley.org.uk)

## plus youth

**Age:** 11-17 years old

**PLUS Youth** provides holiday, weekend and evening community based activities. Young people can choose from a wide range of activities, such as dance, sports, drama, arts and crafts, outdoor activities or just 'chilling out'.

**Email:** [projects@plusforthvalley.org.uk](mailto:projects@plusforthvalley.org.uk)

Both of these projects are funded by  
Stirling Council Social Work Department



**Referrals:** A formal referral is **not** required, unless the child has a Social Worker or is linked to the Children with Disabilities Team. Parents can contact PLUS directly to find out more information about our services. Eligible families will be asked to meet with PLUS to complete paperwork during a home visit. Once this information has been collated and approved by the family, the child can start attending.

## count me in

**Age:** 5-17 years old

**Count Me In** supports young people to access mainstream groups across Stirling, for example, Youth Clubs, Scouts, Guides, Brownies or Sports Groups.

The project aims to increase the capacity of organisations to work inclusively by providing information, advice, training and practical help, though the support of PLUS volunteers.

**Email:** [volunteer@plusforthvalley.org.uk](mailto:volunteer@plusforthvalley.org.uk)



## PLUS Short Breaks

**Age:** 5 + years old

**PLUS Short Breaks** provides children and young people with individual staff support in their homes or out and about. Families can book the service at times of their choosing. This project is available across the Forth Valley.

**Email:** [1.1@plusforthvalley.org.uk](mailto:1.1@plusforthvalley.org.uk)

\*This project can be purchased directly by families using their own funding, self directed support (SDS), DLA/PIP, or by the local authority.\*

## Asperger group

**Age:** 8-17 years old

**The Asperger Group** provides additional opportunities for young people with Asperger syndrome to socialise and build relationships with their peers at fortnightly sessions.

The young people are involved in planning the programme of activities which promotes their development, skills, and social awareness, in a safe and supportive environment.

**Email:** [ASD@plusforthvalley.org.uk](mailto:ASD@plusforthvalley.org.uk)

## After School Club

**Age:** 5-17 years old

**The After School Club** provides young people with opportunities hang out with their peers after school doing youth based activities to build their confidence and social skills. Sessions run on straight after school until 5.30pm.

There are opportunities for young people who are looking to build on their experience and skills in a volunteer role to support young people at this club.

**Email:** [ASC@plusforthvalley.org.uk](mailto:ASC@plusforthvalley.org.uk)

**Age:** 16+

There are opportunities for young people accessing PLUS to become involved as volunteers or trainers at PLUS.

**Email:** [volunteer@plusforthvalley.org.uk](mailto:volunteer@plusforthvalley.org.uk)