

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



Referrals

A formal referral is **not** required. Families can contact PLUS directly to find out more about the potential opportunities available and to ask any questions.

Families interested and eligible to access support will be asked to meet with PLUS to complete the formal paperwork and produce an information sheet. Once this has been agreed by the family, the child can start attending.

Interested in fundraising for PLUS?

Contact Susan Fullerton
susan@plusforthvalley.org.uk



How to find out more

 www.plusforthvalley.org.uk



01786 450086

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



'PLUS88'



@PLUS_Charity



fiona@plusforthvalley.org.uk

falkirk@plusforthvalley.org.uk

Supporting an ordinary social life

PLUS

A natural break for carers

Information for children and young people from birth - 17 years and their families in Falkirk

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 Falkirk are detailed inside.



All Falkirk events take place at the Enable Scotland Falkirk Branch premises

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

Opportunity PLUS

Age: 3-5 years old

Opportunity PLUS provides support for pre-school children with disabilities or additional support needs to attend term time activities. PLUS provides an inclusive, stimulating and supportive environment where children can thrive and have opportunities to play and socialise with their peers. There are organised activities such as arts & crafts, messy play, soft play, sensory play and story-telling. Free play is also highly encouraged. Children will be supported by PLUS staff, offering parents access to a regular short break.

Weekly: Wed 9.30am-11.30am

Cost per session: £5.00

playplus

Age: 5-10 years old

Playplus provides monthly support for children with disabilities or additional support needs to have access to a range of play opportunities. A focus is placed on encouraging the children to have choice and control over their day choosing activities, planning for future sessions and supporting their independence. Popular activities include games, arts & crafts, baking, theme based activities (Minecraft, Lego etc), sports, and music based activities. Additional days will be offered in Spring and Summer holidays.

**Monthly: 1st Sat of every month
9.30am-1pm or 2pm-5.30pm**

Cost per session: £10.00

plus youth

Age: 11-17 years old

PLUS Youth provides monthly support for young people years with disabilities or additional support needs to have access to a range of social and fun opportunities. We aim to provide an area for the young people to social and spend time with their friends, listening to music and chilling out. There are a range of activities they can get involved with including playing pool, swingball, arts & crafts, games - Monopoly, Connect 4, Minecraft, Jenga etc.

**Monthly: 2nd Sat of every month
9.30am-1pm**

Cost per session: £10.00

Play and Chat @ PLUS

Play & Chat Falkirk aims to provide a safe, welcoming and non-judgmental environment for parents who may or may not bring along their children along. Parents can chat in a relaxed atmosphere and share knowledge and experiences with other parents. PLUS staff will be able to provide support and guidance to parents and help signpost to other agencies where appropriate.

Weekly: Thurs 9.30am-11am

Cost per session: £2.00

PLUS Short Breaks

PLUS Short Breaks provides 1:1 staff support within a family home or out and about. Families can book the service at times of their choosing and can pay directly using own finance, self directed support or DLA.

With thanks to Parents, Carers and family friends, Tesco and Asda for contributing to Falkirk services.

