

Dear Parents, Carers and Professionals

Ongoing support from the Pines

We would like to reassure you that although the Pines building is currently closed, you can still access support. We know that the current situation brings additional challenges for many of the families we see, and we are here to help.

This is a good YouTube video about isolation and neurodiversity:-

<https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

These are contact numbers and details for services you can access.

<p>Occupational Therapy Team</p> <p>We are running our services in a different way, but we are available to be contacted and will respond to all emails and calls.</p>	<p>Telephone 01463 706106</p> <p>Email Childrens.OTservice@highland.gov.uk</p>
<p>Speech & Language Therapy Team</p> <p>We are running our services in a different way, but we are available to be contacted and will respond to all emails and calls.</p>	<p>Telephone 01463 705424</p> <p>Email sltservicehighland@highland.gov.uk</p>
<p>CHIP+</p> <p>We will continue to provide information, support and advice to families who have children with additional support needs, via telephone and email. We can also provide a listening ear if you would like a chat.</p> <p>We have created a COVID-19 section on our Useful Links section of the website (https://www.chipplus.org.uk/links).</p> <p>We will keep adding key links in here which you may find useful.</p> <p>We are also continually updating our Resources section of the website (https://www.chipplus.org.uk/information-packs) so that's another good place to check.</p>	<p>Telephone 07514 120288</p> <p>The line is open Tuesdays, Wednesdays and Thursdays between 9:30-12:30 and 13:00-16:00. At this point we will take some key details and you will be offered a telephone appointment.</p> <p>You can also contact us via the contact form on our website: https://www.chipplus.org.uk/contact-us or by emailing info@chipplus.org.uk.</p> <p>Email: info@chipplus.org.uk</p> <p>Facebook: https://www.facebook.com/supportingparentcarers/</p> <p>Website: https://www.chipplus.org.uk/</p>

<p>National Autistic Society Scotland - Highland Service</p> <p>Our Highland Service is available for parents and carers of autistic children (your child does not need to have a diagnosis to contact). We offer support and information: in such difficult times you might just like a friendly chat.</p>	<p>Email is the best option to contact the service: highland.informationofficer@nas.org.uk</p> <p>If you don't have email just leave a message on 07444 340380</p> <p>Facebook (NAS) https://www.facebook.com/autismscotland</p> <p>Website (NAS) https://www.autism.org.uk/</p> <p>The NAS website has lots of great resources to support you.</p>
<p>Highland One Stop Shop - Autism Initiatives</p> <p>The Service is available for autistic adults aged 16+, professionals, parents/carers and families. Although we can't offer face to face, we are available for telephone and email support as well as facetimeing through the Skype app.</p>	<p>Telephone 01463 717649</p> <p>A member of staff will be available from 9:30am – 4:30pm Monday to Friday to take calls. Please leave a message if the line is busy, and we will get back to you as soon as possible.</p> <p>Email highlandoss@aiscotland.org.uk</p> <p>Facebook: https://www.facebook.com/highlandonestopshop/</p> <p>Website: www.highlandoss.org.uk</p>
<p>Just Ask</p> <p>This enquiry line is for our parents, carers, children, young people, and those who work with them.</p> <p>Staff usually available are: Dietitians, Occupational Therapists, Physiotherapists, Speech and Language Therapists, Educational Psychologists, Pre-school Home Visiting Teachers, & Primary Mental Health Workers.</p>	<p>Telephone 07785477686.</p> <p>The phone line is open on Tuesdays and Thursdays from 1pm - 4pm.</p>
<p>The Highland Council</p> <p>A free helpline to give assistance and to collect details of people wanting to volunteer.</p> <p>Callers can get advice on benefits and personal support, education and social care and there will also be advice for businesses who may need help with financial support. Helpline staff will also be signposting callers to other organisations that can provide help.</p>	<p>Telephone 0300 303 1362</p> <p>Service is open Monday to Friday from 8am to 6pm. All calls are free.</p>

<p>The Highland Council Shielding for the extremely vulnerable.</p> <p>If you require immediate assistance and fall into one of the vulnerable groups, please contact us.</p>	<p>Telephone 01349 886669</p>
<p>Connecting Carers Support for unpaid carers which includes parents, of children with additional needs. Advice on things such as benefits.</p>	<p>Telephone 01463 723560</p> <p>The helpline is available Monday – Friday 10am-4pm. Follow them on Facebook to see details of new support videos and Zoom sessions to help you. Email: carers@connectingcarers.org.uk Facebook: https://www.facebook.com/connectingcarers/ Website: https://connectingcarers.org.uk/</p>
<p>Highland Action Group for ASN & Education This group are posting loads of great ideas and resources to support local families.</p>	<p>Facebook: https://www.facebook.com/groups/567352350281566/</p>

It can be very hard to know where to start looking for advice especially at the moment. Do get in touch with the services above if you need any help.

Kind regards

The Pines Team

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