



Highland Perthshire PLUS

Overview and current work streams

**HIGHLAND PERTHSHIRE
PLUS**

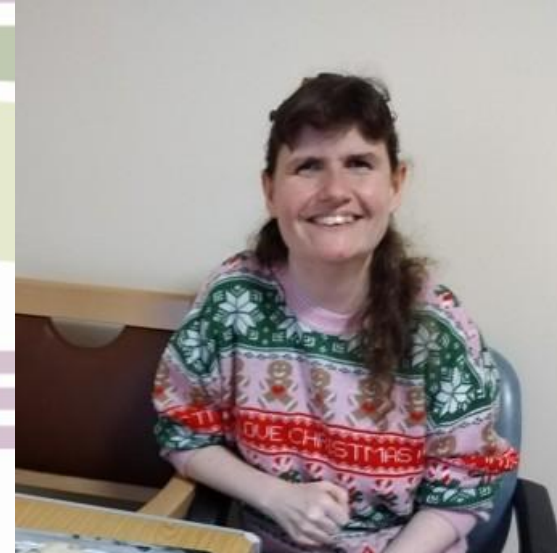
Our origin story!

- Started by Jane Carmichael in 2013
- Called Aberfeldy Plus, the group was an ASN subgroup of the Breadalbane Parent Council
- Focussing on social and sporting opportunities for local children
- Aberfeldy Plus had around 30 families registered by 2022



An opportunity to develop

- After COVID, Aberfeldy Plus started working with Perth & Kinross Disability Sport (PKDS).
- This identified the huge number of adults in our area that needed and wanted support.
- It also raised the profile out with Aberfeldy and more and more people joined us from the outlying areas



In March 2023, Highland Perthshire PLUS was born!

Highland Perthshire PLUS (SC053712) works to support people with additional support needs (ASN) and/or disabilities and their families to enable them to **Play, Learn, Unite and Shine** in Highland Perthshire.

The charity does this by improving local access to social and sporting opportunities, providing employment, training and volunteering opportunities as well as working to create supported housing solutions locally.

We define Highland Perthshire as the area outlined by the Perth & Kinross Council Highland Ward and additional areas surrounding the catchment for Breadalbane Academy, thus reaching as far as Dunkeld, Amulree and Strathbraan.



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So, where to start?!

The needs are vast and wide reaching in Highland Perthshire.

The issues, as we understand them, include:

- The huge distances that people have to travel to access services
- The lack of opportunities locally
- The difficulties that services face in offering outreach programmes
- The relatively small numbers of people, potentially affecting the viability of provision
- The variety of needs, age groups and disparity



An ambitious outlook...

1. Engaging –

To listen to individuals with ASN/disabilities and their families and respond to their needs

2. Social and sport activities –

To enable people with additional needs and disabilities to access social and sporting opportunities

3. Housing –

To support and advocate for the provision of local, supported housing

4. Supported Volunteering –

To deliver meaningful opportunities and activities for adults with ASN and disabilities

5. Employment & Training –

To support work, training and life- long learning opportunities for people with ASN and Disabilities

6. Communications –

To share information which will support people with ASN/disabilities and their families

7. Partnership working –

To work in partnership with other organisations, groups and schools to share information and to support them to include people with ASN/disabilities

8. Governance –

To ensure HPP is well managed and sustainable

Social and sporting

Aberfeldy

Weekly sports sessions – Multi-sports, Boccia and Swimming

Junior Activity Club – supported by PAMIS

Links with other sports clubs, Lego, Yoga

Weekly pub sessions for adults

Other areas

Support to Dunkeld Lego club

Indoor curling in Pitlochry

Carers drop-in sessions / admin club at local Libraries

All areas

Holiday activities – at least one per week during school holidays

All activities are family friendly. Delivered either free or subsidised.



Introduction to Orienteering in partnership with local club Tayside Orienteers

Thursday 13th February @ Breadalbane Academy 10am to 12 noon

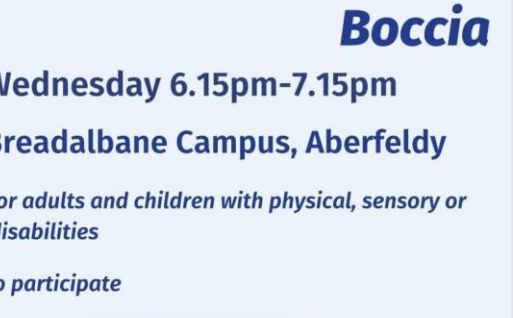
Booking essential by contacting Lindsay 07830402407

Orienteering is an exciting outdoor adventure sport for mind and body. The aim is to navigate between controls marked on a special map. There is no set route and fun come from trying to find the best way.

Join us for Finger Knitting with Kim

Tuesday 28th January and 4th February 10am to 12 noon

Make your own scarf @Dalweem Tea & Coffee **FREE**
Book your place asap by calling Lindsay on 07830402407



Supported volunteering – Star Project.

To work with existing community-based facilities to provide supported activities and work experience opportunities 2 days per week; 50 weeks of the year.

Activities include:

- Crafts
- Cooking / life skills
- Gardening
- Star Café
- Star Services
- Space to explore participant interests



New for 2026! - Connecting Families

In response to suggestions from our families, we recruited a Family Support Worker to help support our families with:

- Creating opportunities for connection
- Early intervention and support with identifying themes for our own training programme & partnership working
- Peer and 1-1 support including appropriate signposting



Partnership working



The Scottish
Crannog Centre



Perth and Kinross
Health and Social
Care Partnership

Supporting
healthy and
independent
lives



Scottish Government
Riaghaltas na h-Alba
gov.scot



cashforkids

THE
Basil Death
TRUST



SSE

Rotary



Jimmie Cairncross
Charitable Trust





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