

Looking for more information and support?



Supporting adult unpaid carers looking after someone who lives in West Dunbartonshire. We offer a wide variety of support to carers, from advice and information, to short breaks and support groups

- Call: 0141 941 1550
- Visit: www.carerswd.org



Offering one-to-one support with a Young Carer Support Worker; regular fun group activities where you can meet other young carers; and providing information about things that are important to you

- Call: 0141 941 3308
- Visit: www.ysortit.com



Local community group supporting children and young people with complex needs by offering support, information and fun and accessible days out

- Visit: www.facebook.com/Danielswish22



Offering a 'one-stop shop' for people living with disabilities, including activity groups, support with benefits and entitlements, and information on your rights.

- Call: 0141 237 4560
- Visit: www.improvinglives.co.uk

Golden Friendships

Golden Friendships caters for youngsters, those with additional support needs (ASN), those with disabilities, older people, and those who are experiencing loneliness.

- Call: 0141 588 3070
- Visit: www.goldenfriendships.org



FOOTBALL FOR ALL

Offers football coaching from 3 years old to adult ages, in groups or 1-2-1 sessions.

- Visit: www.facebook.com/GraemeRamageFootballAcademy

OSCR

Scottish Charity Regulator
www.oscr.org.uk

Registered Charity
SC024818

Dumbarton District Disabled Children's Forum are a members organisation. For a small fee every year, members can access support, from regular meetings, fun days out and use of the organisation's caravan.

- Email: dddcf@hotmail.com