

The Referral Process

A formal referral is not required.

Parents/Carers can contact PLUS directly. The Project Manager will explain more about the project and will answer any questions.

To access the Bank Project young people will require funding for the service. Young people and families can get in touch with the intake team at Stirling Council to request an assessment or they contact their social worker to ask about having PLUS included on their care plan.

Some young adults may find that they are not eligible for support. PLUS has very limited charitable funds which might be able to support young adults to attend for a short period of time.

Additional services can be purchased directly, please get in touch to find out more.

Young people who are already attending the PLUS Youth Project will be contacted by the Bank Project Manager at least 6 months before their 18th birthday in order to explain the transition process.

Interested in fundraising for PLUS?

Contact Karen Scott,
our Fundraising Coordinator, at
fundraising@plus-stirling.org.uk

How to find out more



www.plus-stirling.org.uk



01786 450086



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



'PLUS88'



@PLUS_Charity



Email the project contact
listed in this leaflet

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 young adults
from 18-35**

PLUS works across Forth Valley to give children and young adults with disabilities the opportunity and support needed to participate in age appropriate social and leisure activities of their choosing.

This also gives parents and carers a vital break from caring responsibilities.



Registered Charity No. SC003945 SCSWIS. CS20003035186

Company Limited by Guarantee No. SC 226225

the bank

Age: 18 - 25 years old

The Bank works with young adults to support them in maintaining existing friendships and making new ones.

This service is provided for young adults with disabilities. The young adults must have a confirmed diagnosis.

The young adults are supported to meet friends and pursue activities of their choice, such as lunch/dinner out with friends, Megazone and going to the cinema.



'I have more independence, which is great'

'Getting out the house, not relying on Mum and Dad. You are in safe hands with the Bank and Mum and Dad can do their own thing.'

Funded by Stirling Council and the Young Start Fund



LOTTERY FUNDED



twentysix

Age: 26 - 35 years old

Twenty Six PLUS provides monthly opportunities for adults to meet their friends in a safe environment.

This service is provided for young adults with disabilities. The Young Adults must have a confirmed diagnosis.

Twenty six PLUS is a continuation from The Bank. Some activities will involve the young adults from The Bank to reunite friendships, such as at the Christmas party.

Activities include lunch out, pub quiz and movie nights.



'The service G uses is invaluable. It is the only occasion on which G goes out socially without us.'

'I like hanging out with my friends and talking to them'

Funded by the Robertson Trust



family plus

This is a project specifically for parents and carers. All families accessing PLUS services are able to attend these events.

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

This group offers peer support, the opportunity to network and normally some great home baking!

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.

Contact: Carol Cooper

E-mail: circles@plus-stirling.org.uk

Contact for the Bank and Twenty Six PLUS: Fiona Macgregor

E-mail: thebank@plus-stirling.org.uk