

Equality and Equity Toolkit

11. Resources and Signposting for External and Community Support

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Resources and Signposting for External and Community Support

There are lots of organisations - both national and local - that could help give advice and support in your work.

Search by tags or the alphabetical list of organisations (please note this is not an exhaustive list!)

Tags	
Abuse	Families affected by imprisonment
Additional Support Needs	Financial inclusion
Anti-bullying	General advice
Anti-racism	Gypsy/Traveller families
Armed services families	LGTQIA
Black, Asian and Minority Ethnic (BAME)	Literacy
Carers	Local community action
Children's human rights	Looked after children
Community Learning and Development	Mental Health and Wellbeing
Disability	Migrants
Discrimination	Shared parenting/ One parent families
Eastern European families	Skills
Equity	Poverty
Equality	Refugees
Faith/religion	Third sector

Name	What do they do?	Tag	Area active
Amina www.mwrc.org.uk	Amina promotes the welfare of Muslim women by providing faith and culturally sensitive services and help with accessing services and participating in society by working with mainstream agencies and policy makers.	Black, Asian and Minority Ethnic (BAME)	Nationwide
BEMIS (Black and Ethnic Minorities Infrastructure In Scotland) www.bemis.org.uk	BEMIS is a Scottish organisation whose role it is to support organisations or individuals who are discriminated on grounds of race, culture, colour, faith, language. The core activities of BEMIS include capacity building, co-ordination and strategic influence, identifying and addressing areas for targeted support and development and partnership working.	Black, Asian and Minority Ethnic (BAME)	Nationwide
Breathing Space https://breathingspace.scot/	0800 83 85 87 Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.	Mental Health and Wellbeing	Nationwide
Carer Centres http://www.careinfoscotland.scot/topics/support-for-carers/carers-centres	Carer centres are independent charities that offer practical support, advice and information for carers in your local area either by phone, drop-in or outreach surgeries.	Carers	Nationwide

Name	What do they do?	Tag	Area active
CELCIS Centre for Excellence for Children’s Care and Protection www.celcis.org	CELCIS provides support and carries our research around the lives and life chances of looked after children.	Looked after children	Nationwide
CEMVO Scotland https://www.cemvoscotland.org.uk	CEMVO Scotland is a national intermediary organisation. Its aim is to build the capacity and sustainability of the ethnic minority voluntary sector and its communities.	Black, Asian and Minority Ethnic (BAME) Anti-racism	Nationwide
Child Poverty Action Group https://cpag.org.uk/scotland	CPAG Scotland provides training, advice and information on social security to frontline workers to make sure families get the financial support they need.	Financial inclusion	Nationwide
Children 1st Parentline https://www.children1st.org.uk/help-for-families/parentline-scotland/	Helpline and a wide range of online resources for parents.	Anti-bullying Black, Asian and Minority Ethnic (BAME) LGBTQIA	Nationwide
Children and Young People’s Commissioner for Scotland www.cypcs.org.uk	The Children and Young People’s Commissioner is Bruce Adamson. He promotes and protects your rights if you’re under 18, or up to 21 if you’re in care or care experienced.	Children and young people’s human rights	Nationwide

<p>Children in Scotland https://childreninscotland.org.uk/</p>	<p>Children in Scotland is a government funded not for profit organisation which aims to ensure all children in Scotland have an equal chance to flourish. It delivers a variety of services to children, parents and carers via a number of different organisations (Enquire, Resolve, Reach, My Rights - My Say). It runs local projects with young people, as well as carrying out policy work.</p>	<p>Additional Support Needs Anti-bullying Anti-racism Discrimination</p>	<p>Nationwide</p>
<p>Children's Education Advisory Service https://www.gov.uk/government/groups/the-childrens-education-advisory-service-ceas</p>	<p>Government agency which provides educational support to service and eligible MOD civilian families.</p>	<p>Armed services families</p>	<p>Nationwide</p>
<p>Citizen's Advice Scotland https://www.citizensadvice.org.uk/scotland/</p>	<p>Free advice to help people overcome their problems, such as benefits available, family problems, education, work, debt and money issues, law, housing, health, immigration. Resources on their website and one to one appointments</p>	<p>Discrimination Equity Financial inclusion</p>	<p>Nationwide</p>
<p>Coalition for Racial Equality and Rights https://www.crer.scot/</p>	<p>Focused on working to eliminate racial discrimination and harassment and promoting racial justice across Scotland.</p>	<p>Anti-racism Discrimination Black, Asian and Minority Ethnic (BAME)</p>	<p>Nationwide</p>

Community Councils http://www.communitycouncils.scot/	<p>The most local level of representation, community councils advise, petition, organise community events, influence and advocate numerous causes and cases of concern on behalf of local communities.</p> <p>Find your local community council listed here.</p>	Local community action	Nationwide
Community Learning and Development	<p>Your local authority co-ordinates local community learning and development activities including family learning, adult learning, youth groups, literacy and numeracy groups and learning English as a second language. It may also be known as Lifelong Learning.</p>	Community leaning and development	Nationwide
Contact contact.org.uk/scotland	<p>Provides support, advice and information for families with disabled children, including local support groups.</p>	Additional Support Needs	Nationwide

<p>Education Scotland</p>	<p>Education Scotland is the Scottish Government’s education agency with responsibility for all aspects of school curriculum, attainment, community learning and development, professional learning, and school inspections.</p> <p>Find out about the Education Scotland approach to inclusion and equity here https://education.gov.scot/education-scotland/what-we-do/embedding-inclusion-equity-and-empowerment/</p> <p>Learn more about how anti-racist education is supported by the Scottish policy context within education and by equality legislation here https://education.gov.scot/improvement/learning-resources/inc87-anti-racist-ed/</p> <p>The search engine provides access to many useful resources on the themes of Equality and Equity with examples of good practice, across Education Scotland and the National Improvement Hub. https://education.gov.scot/education-scotland/search/</p>	<p>Anti-racism Equality Equity LGBTQIA Practice Examples</p>	<p>Nationwide</p>
<p>Enquire https://enquire.org.uk/</p>	<p>Provides advice on understanding additional support for learning legislation for families and professionals.</p>	<p>Additional Support Needs</p>	<p>Nationwide</p>

<p>Equality and Equity Commission Scotland https://www.equalityhumanrights.com/en/commission-scotland</p>	<p>An independent statutory body with the responsibility to encourage equality and diversity, eliminate unlawful discrimination, and protect and promote the human rights of everyone in Britain.</p> <p>Film about race equality https://www.bing.com/videos/search?q=you+tube+equality+and+human+rights+race&docid=607997872384380030&mid=7CC705FD5826D8F624327CC705FD5826D8F62432&view=detail&FORM=VIRE</p>	<p>Discrimination Equality</p>	<p>Nationwide</p>
<p>Families Outside https://www.familiesoutside.org.uk/</p>	<p>Families outside is the only national charity in Scotland that works solely on behalf of families affected by imprisonment. They offer direct support to families via their Helpline and Regional Family Support Co-ordinators.</p> <p>Helpline: 0800 254088</p>	<p>Families affected by imprisonment</p>	<p>Nationwide</p>
<p>Gingerbread https://www.gingerbread.org.uk/</p>	<p>A charity supporting single-parent families providing information to help single parents support themselves and their family. They also campaign and influence policy to reduce stigma against single parents and make services more accessible to all families - whatever their shape and size.</p>	<p>One-parent families</p>	<p>Nationwide</p>

Intercultural Youth Scotland https://interculturalyouthscotland.org/about	Offers bespoke training to schools and organisations in: <ul style="list-style-type: none"> - Behaviour management and one-to-one support - Cultural proficiency and inclusion. Designing and delivering curriculum to re-engage pupils from diverse backgrounds.	Black, Asian and Minority Ethnic (BAME) Discrimination Anti-racism	Nationwide
Lead Scotland https://www.lead.org.uk/	Linking learning and disability.	Disability	Nationwide
Mindroom https://www.mindroom.org/	Mindroom runs a helpline offering support to parents, family and young people. 0131 370 6730 or text 07990 015104. Email directhelp@mindroom.org or message Mindroom on Facebook .	Learning Difficulty/ disability	Nationwide
National Deaf Children's Society - Scotland www.ndcs.org.uk	Support to families of Deaf Children from BME communities (Emotional Support through Parent network groups).	Additional Support Needs	Nationwide
One Parent Families Scotland www.opfs.org.uk	Provide advice, practical support and campaigns with parents to make their voices heard to change the systems, policies and attitudes that disadvantage single parent families.	One parent families	Nationwide
Parentline Scotland	Helpline for parents and those caring for children. Freephone 08000 28 22 33	Parents and carers	Nationwide

Place2Be www.place2be.org.uk/	Delivers mental health support in schools and provides child counselling, training for teachers/school staff, and online resources/signposting for parents.	Mental Health and Wellbeing	Nationwide
Play Scotland https://www.playscotland.org/	Highlights the importance of quality, free play in Scotland. The website has practical ideas and resources for families, schools and local communities.	Mental health & wellbeing Children’s human rights	Nationwide
Polish Family Support Centre www.pfsc.co.uk	The Polish Family Support Centre in Edinburgh aims to provide psychological, social, educational and advocacy services to Polish community in Scotland.	Eastern European families	Nationwide
Positive Action in Housing https://www.paih.org/	Positive Action in Housing is an independent, anti-racist homelessness and human rights charity dedicated to supporting women, children and men from refugee and migrant backgrounds to rebuild their lives.	Black, Asian and Minority Ethnic (BAME) Migrants Refugees	Nationwide
Poverty Alliance https://www.povertyalliance.org/	Network of organisations working together to address poverty.	Poverty	Nationwide
RCS Haven https://www.rcshaven.org.uk	The purpose of the RCS “Haven” is to provide for the welfare and relieve the needs, both financial and otherwise, of Ethnic Minorities in Scotland, particularly members of the Russian-speaking community.	Eastern European families	Nationwide

respectme www.respectme.org.uk	Scotland's anti-bullying service providing information and training to those working in education.	Anti-bullying Children's rights Health and Wellbeing	Nationwide
Royal Caledonian Education Trust www.rcet.org.uk	Offers support and help around education to Armed Forces families and their children.	Armed services families	Nationwide
Samaritans http://www.samaritans.org/	116 123 (Freephone) 24-hour emotional support for anyone struggling to cope.	Mental Health and Wellbeing	Nationwide
SAMH Scottish Association for Mental Health www.samh.org.uk	SAMH provides mental health information and local support, campaigns for mental health rights and much more. SAMH has an information service at 0344 800 0550 (local rates apply) or infor@samh.org.uk and useful signposting links for urgent help.	Mental Health and Wellbeing	Nationwide

<p>Scottish Attachment in Action (SAIA) https://www.saia.org.uk/</p>	<p>SAIA aims to make sure everyone understands the fundamental importance of attachment relationships throughout life by:</p> <ul style="list-style-type: none"> • providing training and consultancy in attachment and trauma to teachers, parents and carers • providing information through social media, conferences, events, newsletters and educational resources. 	<p>Families and those supporting them</p>	<p>Nationwide</p>
<p>Scottish Book Trust www.scottishbooktrust.com</p>	<p>A national charity that believes books, reading and writing have the power to change lives. A love of reading inspires creativity, improves employment opportunities, mental health and wellbeing and is one of the most effective ways to help break the poverty cycle.</p>	<p>Literacy; mental health & wellbeing equality</p>	<p>Nationwide</p>
<p>Scottish Refugee Council www.scottishrefugeecouncil.org.uk</p>	<p>Scottish Refugee Council is an independent charity dedicated to provide advice, information and assistance to asylum seekers and refugees living in Scotland.</p>	<p>Refugees Migrants</p>	<p>Nationwide</p>
<p>Scottish Youth Parliament https://syp.org.uk/</p>	<p>The Scottish Youth Parliament's policy work is informed by young people's views on the way they want the world they live in to be. Young people aged 14-25 can stand as a candidate in SYP elections. SYP elections are held in Scotland every two years and will next take place in March 2021.</p>	<p>Children and young people's human rights</p>	<p>Nationwide</p>

Shared Parenting Scotland https://www.sharedparenting.scot/	Shared Parenting Scotland is a small charity, previously called Families Need Fathers Scotland. They offer advice, assistance and other support.	One parent families Separated / divorced parents	Nationwide
Shout https://giveusashout.org/	Text: 85258 Shout is volunteer-run and is the UK's first 24/7 crises text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.	Mental Health and Wellbeing	Nationwide
Skills Development Scotland https://www.skillsdevelopmentscotland.co.uk/local-national-work/	Provides support and advice to people of all stages of their careers. Local careers centres can be found on the SDS website.	Skills development	Nationwide
STEP https://www.step.education.ed.ac.uk/	Flexible learning for mobile communities.	Gypsy traveller learning	Nationwide
Stonewall www.stonewallscotland.org.uk	Supports LGBT+ inclusive education.	LBGTQIA	Nationwide

Third Sector Interfaces https://www.gov.scot/publications/third-sector-interfaces-contact-details/	Each local authority has a dedicated third sector interface (TSI) to support and connect local volunteers, charities, community-led organisations, and social enterprises in their work to benefit the community. You can find your local TSI on the Scottish Government’s website link provided here.	Third sector	Nationwide
Time for Inclusive Education https://www.tie.scot/	TIE is a Scottish volunteer charity which has one aim: to combat homophobia, biphobia and transphobia in schools with LGBT-inclusive education.	LBGTQIA	Nationwide
Together (Scottish Alliance for Children’s Rights) https://togetherscotland.blog/	Together is an alliance of Scottish children’s charities that works to improve the awareness, understanding and implementation of the United Nations Convention on the Rights of the Child (UNCRC).	Children’s rights	Nationwide
UNICEF https://www.unicef.org.uk/rights-respecting-schools/ https://www.unicef.org.uk/child-friendly-cities/home/	UNICEF works in schools in Scotland and elsewhere to support the rights of children.	Children’s rights	Nationwide
Young Scot https://young.scot/	Young Scot has information for young people on a wide range of topics on the impacts of and issues arising from the coronavirus pandemic.	Children’s rights	Nationwide

The following links are for regional organisations which may be able to help or signpost you to local support. Again, this is not an exhaustive list. Third Sector Interfaces (see national organisations) are a great way to identify what's available in your area.

<p>Polish Association www.paaberdeen.co.uk/</p>	<p>The Polish Association in Aberdeen helps Polish people to integrate, network with others in a friendly environment, and helps people find new friends and get involved in local community life.</p>	<p>Eastern European families</p>	<p>North East Scotland</p>
<p>Minority Communities Service Development Project https://directory.paih.org/resources/minority-communities-service-development-project/</p>	<p>The project aims to raise awareness of the advice and information available to minority communities, working collaboratively with a range of local support agencies to promote the service and increase referrals.</p>	<p>Black, Asian and Minority Ethnic (BAME); Eastern European Families</p>	<p>South West Scotland</p>
<p>Black And Minority Ethnic Service www.dundecarerscentre.org.uk</p>	<p>The BME team aims to make information and services accessible to carers and disabled people from minority ethnic communities through the work of Multilingual Development Workers and a Welfare Rights Officer.</p>	<p>Black, Asian and Minority Ethnic (BAME); Eastern European Families; Carers; Disability</p>	<p>Tayside</p>
<p>ScoreScotland https://www.scoreScotland.org.uk/</p>	<p>Score Scotland serve communities in the West of Edinburgh, providing communities with advice and information, advocacy and representation for people experiencing racial discrimination, abuse or harassment.</p>	<p>Anti-racism Abuse</p>	<p>Edinburgh</p>

Saheliya www.saheliya.co.uk	This is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.	Mental health & wellbeing; Black, Asian and Minority Ethnic (BAME)	Edinburgh Glasgow
Edinburgh Inter - Faith Association https://www.edinburghinterfaith.com/	The association promotes and facilitates positive engagement between all the faith communities living in Edinburgh.	Faith/religion	Edinburgh
Fife Arabic Society https://fifearabs.org.uk	The society provides the organisation of recreational activities designed to improve the quality of life in the Arab and host communities in Fife and elsewhere in Scotland with particular emphasis in health, social and integration issues. Languages spoken include Arabic and French.	Black, Asian and Minority Ethnic (BAME)	Fife
Advocacy Matters https://advocacymatters.org.uk/	Advocacy Matters provides independent mental health advocacy for anyone with mental health problems aged 16 and over, who lives, is in hospital or full-time education in the Greater Glasgow area. The association provides services to people from Minority Ethnic communities and to refugees and asylum seekers.	Mental health & wellbeing; Black, Asian and Minority Ethnic (BAME)	Greater Glasgow

Shakti Women's Aid www.shaktiedinburgh.co.uk	Shakti Women's Aid is an organisation that offers support, advocacy and information to Black and Minority ethnic women, children and young people experiencing domestic abuse.	Black, Asian and Minority Ethnic (BAME); Abuse	Edinburgh
Achieve More Scotland https://aandm.org.uk/	Delivers activities to young people from areas of high social deprivation, as well as working with schools on activity based learning, community engagement, and out of school clubs.	Poverty/deprivation	Greater Glasgow
CHAI: Community Help and Advice Initiative http://www.chaiedinburgh.org.uk/	Providing information, support and advice to people living across Edinburgh and the Lothians.	General advice	Edinburgh Lothians
Edinburgh Poverty Commission https://edinburghpovertycommission.org.uk/	https://twitter.com/EndPovertyEdin	Poverty/deprivation	Edinburgh
Multi Cultural Family Base www.mcfb.org.uk	MCFB aims to enhance the wellbeing and life opportunities of vulnerable children, young people and their families in North Edinburgh, and from BME communities in the city of Edinburgh, to enhance standards within the social Services workforce and to contribute to a diverse and just society.	Health & Wellbeing Black, Asian and Minority Ethnic (BAME)	Edinburgh

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We welcome your comments and feedback.

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