

Share Scotland work with Cornerstone Community Care to help young people like Caitlin with motor or sensory impairment, language difficulties, autistic spectrum disorder, attention deficit disorder, or other learning difficulties, plan for their futures.

Caitlin (name changed) was in her fifth year at school when she joined Share Scotland's Transitions project. She'd got a place on a day release course at college but needed help getting there so her summer holiday was spent, with her Transitions facilitator, learning the route and practising the journey, she also attended art workshops in the school holidays – a time when many young disabled people feel most isolated.

For Caitlin this support was very helpful, she said: "There would have been too much information for me to learn myself, it would have stressed me. I needed the little bite-size bits to learn the route to college.

"I loved the art workshops, I enjoyed the creative process, trying new stuff and making new friends.

"Without the project it would have been more difficult to get to where I am. I would have had lots more bad times. If a young person is looking for help in their transition, I'd recommend the project."

Liam, 28 from Irvine, has been supported by the Smart Budgeting Project from ANCHO, North Ayrshire. He said: "I would have been lost without ANCHO as they did everything for me. I had never moved house before and they helped with housing benefits, sorted my community care grant and helped me plan to pay my debt back.

"If it wasn't for them I would be sitting in the house dealing with letter after letter coming in looking for money. I would have no hair left. I didn't have a clue where to turn to or what to do. They have been like a lifeline to me, throwing me a life jacket when I needed it the most. I can't tell you how highly I would recommend that people in the same position as me go to organisations like ANCHO for help."

For mum Veronica and three year old Eilidh MacLeod the Smart Play Network's Play on Wheels project means hours of fun. Veronica said: "My daughter absolutely loves it. The bus causes huge amounts of excitement in our house and she is always keen to get stuck in with everything. Play on Wheels has provided me with so many new ideas for activities – both indoors and outdoors. They have shown just how much more you can do with your children

and how easy it is to do things without having to acquire the latest “must have” toys. I am now far more likely to try out something new when playing with my children and not be so quick to pull out the usual toys.”

The Lightburn Elderly Association’s (LEAP) Community Befriending and Handypersons’ project is a lifeline for people like Christine Shields who is the main carer for her father, John, 87, who has dementia.

Being a carer meant Christine was becoming isolated but the LEAP project turned that around. Christine said, “The service has been brilliant. Every Wednesday afternoon my dad’s befriender comes in and chats to him for a couple of hours. He really looks forward to her visit and she always brings him biscuits. I get time to myself and can do what I want, see my children or visit friends. These volunteers do a wonderful thing by giving up their time and I want people to know that there are amazing organisations like LEAP to help them.”