

# Do something amazing for autism



Autism affects 1 in 100 people in Scotland and Scottish Autism is committed to enabling those with autism to lead happy and fulfilling lives. We provide a range of services for children and adults including education, day and vocational opportunities and practical living support as well as offering information and advice for families and professionals.

**We need your help >**

# We support over 4,000 individuals and families across our various services and charitable activities.

**Autism affects not only the individual but the lives of their family and friends. Your donations and fundraising activities help us to reach and support more individuals and families living with autism in Scotland.**

**Here are some of the activities we can provide because of donations:**

## AUTISM SUPPORT TEAM

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Our Autism Support Team provides a range of invaluable emotional and practical support to individuals and their families at times when they need it most. The team runs an Advice Line which receives over 1,000 calls a year from individuals with autism, parents, carers and professionals. It can take anything from a few hours to several days or even months to address the issues people are facing but the team are with you until you have the support you need.



*"The Advice Line lets parents know they're not alone and shouldn't sit about the house getting frustrated and in some cases isolated, which can often be the case when caring for someone on the spectrum."* **Parent**

**TO SPEAK TO AN AUTISM ADVISOR, CALL 01259 222022.**

## RIGHT CLICK PROGRAMME

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Thanks to generous donations, we launched our free online parent and carer support programme in 2013 called Right Click which so far has benefitted over 500 families. We have drawn on the wealth of experience from across our services, as well as that of other professionals, to develop over 50 videos and a range of support materials.



*"It helped me understand autism through my son's eyes."* **Parent**

## KNOWLEDGE SHARE EVENTS

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Your donations can help us to develop our Knowledge Share events programme; a series of seminars held throughout Scotland. These seminars are a means of sharing our knowledge of autism and effective practice with parents, carers and other professionals.



*"Very informative, enjoyed the video footage, excellent insight into independent living for people living with autism."* **Professional**

## EQUIPMENT AND CREATIVE PURSUITS

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We support over 500 people with autism in our services throughout Scotland. We take the time to establish a deep understanding of each individual we work with and focus on their unique strengths and motivations. Your continued donations will help us to provide additional resources that can enhance the lives of those we support. Recent donations have funded sensory rooms and gardens, social groups, art therapy, cookery classes and specially adapted furniture.



## CENTRE FOR PRACTICE INNOVATION

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Our Centre for Practice Innovation seeks to ensure that we are continually developing and sharing good autism practice. We actively seek collaborations with research specialists and other organisations that will result in developments in practice and contribute to the existing body of autism knowledge. Your donations will contribute to our knowledge development, research projects and publications.



# Get involved for autism

## GET ACTIVE FOR AUTISM

**Andy Low** took part in the Loch Ness Marathon and raised **£240**. Make sure you

train well and prepare, and most importantly have fun! You could also take part in cycling, swimming or walking challenges that take place throughout the country – check out our website or contact us for more details.



## GET YOUR FAMILY INVOLVED

If running a marathon seems a huge challenge, why not get your children

involved and take part in the Great Scottish Run Family Mile. **Gabby** took part with her family, running all the way! She raised over **£431**. There is also the annual Walk for Autism in Edinburgh, which sets a gentle pace and is a great day out for families during the summer.

**£50**

buys garden tools

## CELEBRATE YOUR INTERESTS

**DMR Machinery** is a club for Vintage Tractor

enthusiasts and they raised **£350** holding a Tractor Run through Devilla Forest near Kincardine. Our great supporters have also raised money holding a Board Gaming day and a My Little Pony 'Friendship is Magic' Convention.



Looking for more ideas >

## TUNE INTO AUTISM

**Edinburgh's Got Soul Choir** collected

for Scottish Autism at their Celebration Concert, with special guest Sharlene Hector of Basement Jaxx. Everyone had a wonderful night and raised **£754**. Our supporters offer events for everyone, from fiddle music to comedy nights, as well as band events.



## GET BAKING

**Mari McFadden** held a bake sale for friends and family and sent us some great pictures of

her scrumptious looking cakes. She raised **£135** and recommends having a decorating station for the kids – it went down a treat. Supporters have also sold their home-baking at work and donated the money – we love a good excuse for some cake!



## ORGANISE A GOLF DAY

**SG PRO Cleaning** held a golf day and auction for clients and raised over **£2,400**.

Tips include securing raffle prizes that would make great gifts! We haven't yet had 'A Day at the Races'...



## SEE THE WORLD

**The Chubby Czechers** took part in the Banger Rally to Prague. They made some new friends as well as raising over **£2,500**. If walking is more your thing, there are a variety of overseas treks where you can travel to far flung locations and raise money.



## GET YOUR SCHOOL INVOLVED

Pupils at **Eastwood High School** organised a range of activities, including a Christmas Jumper Day, a disco, sponsored leg-waxing, a tug-of-war between pupils and teachers, and, our favourite, Funky Feet Friday! They raised a wonderful **£2,215**. Schools have also held sponsored walks, coffee mornings and made Loom Bands to sell.

## GET YOUR WORKMATES INVOLVED

**hub West Scotland** staff took part in a triathlon and raised a fantastic **£2,585**. Staff at Edinburgh Airport held a Christmas Raffle, and a group from Sainsbury's took part in the Forth Rail Bridge Abseil.



## TAKE ON A CHALLENGE

Best friends **Sarah and Charlotte** abseiled down the Dundee University Tower and raised an amazing **£1,481**. The Forth Rail Bridge Abseil is one of our most popular events if you're planning on testing your nerves, but you could also take on a sky diving challenge, or a bungee jump?

# Get involved for autism >

# How we can help you

- We can help you with planning and publicity.
- We will be here to support you throughout your fundraising.
- We can provide you with pens, t-shirts and balloons as well as branded templates for posters and invitations.
- We will provide Gift Aid forms and sponsor forms.
- We will promote your event through Twitter and Facebook.
- If we can, we will attend your event and talk about the work of the charity.
- We will invite you to supporter events so that you can see the work that we do.



## Handy hints

- Tell people how the money you raise is spent on our many great projects across Scotland and how we help to support Scottish families living with autism.
- Set a realistic target to encourage people to give generously or attend an event.
- Ask your boss. Does your employer offer 'matched giving' which means they donate as much as you raise for charity?
- Gift Aid your donation. For every pound you raise we can claim 25p from HM Revenue and Customs. Your sponsors simply have to be UK taxpayers, provide their address and postcode and tick the box on the form. (This does not apply to ticketed events.)
- Ask people to sponsor you online. Set up your own page on [www.justgiving.com/scotsocautism/raisemoney](http://www.justgiving.com/scotsocautism/raisemoney)
- Share your fundraising efforts on your Facebook and Twitter pages to encourage donations.
- Fill out and return our Supporter Agreement so we can find out a bit more about your plans and work out how best we can support you.
- Don't be afraid to ask. We are constantly amazed at the generosity of people. Offers of support such as raffle prizes, publicity, skills and time can be as valuable as money.

# Regular Giving

Your monthly donation would create a big impact as we can plan for the future knowing that we have your support.

If you would like to become a regular giver please contact the fundraising team.

 [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org)

 @scottishautism

 01259 720044

 /scottishautism



## Scottish autism

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