

# Fife One Stop Shop

What's going on • Autumn/Winter 2017

Scottish  
autism

## Service Update

Eileen Scott has returned to the One Stop Shop as Manager, following her maternity leave. Elaine Smith, who had been covering the Manager's post, has now returned to her permanent position within Scottish Autism's Autism Support Team based in Alloa. Elaine has worked within the One Stop Shop for three years and the One Stop Shop team would like to thank her for all her hard work – we will miss her being part of our team.

Thank  
You!

## Services We Provide

The One Stop Shop offers people with autism, their families and professionals information and advice about autism as well information and referrals to support services that are available in the Fife area.

The One Stop Shop provides 1:1 appointments for anyone who wishes to meet with an Autism Advisor to discuss issues about autism or find out more information about autism. It may be about you, a child, an adolescent, or adult with a diagnosis or seeking a diagnosis.

In August, we started offering appointments in Lundin Links in addition to our main service in Kirkcaldy as we recognise that it can be difficult for some people to get to us. This location made it easier for individuals in East Fife to access the services we provide.

If you are having trouble accessing appointments at the One Stop Shop, please contact us to discuss how we can help you.



# Workshops

## Understanding my ASD Diagnosis

We continue to deliver this six week workshop to enable individuals (17 years+) to gain an understanding of their autism diagnosis.

The workshop covers six topics:

**Week 1: Feelings about diagnosis, what is ASD**

**Week 2: Confidence and Anxiety**

**Week 3: Sensory Difficulties**

**Week 4: Relationships**

**Week 5: Employment and Education**

**Week 6: Life transitions and Routines**

## Understanding my Loved One's ASD Diagnosis

Covering the same topics as above, we deliver this workshop to parents/carers, partners and family members to enable them to gain a better understanding of their loved one's diagnosis (17 years+).

We usually deliver this workshop programme over six weeks in two hour slots. However, in August we trialled delivering the sessions over two Saturdays from 10am - 3.30pm, which proved convenient for some loved ones. We hope to do this again in the future.

## Understanding my Siblings ASD (7-16 years)

Over the summer we delivered workshops to a group of Young Carers at their premises in Lochgelly. This enabled young carers to gain a greater understanding of their brother or sister's ASD diagnosis.

These workshops are based on the workbook 'I am Special' by Peter Vermeulen. We continue to deliver these sessions throughout the year, usually during school holidays, so keep an eye out on our website for upcoming dates.

## Parent Group: Let's Talk – ASD and a Cup of Tea!

If you have a young person with autism, Enable and the One Stop Shop have a monthly support group for parents. This provides an opportunity to chat with other parents and carers in a friendly and welcoming environment.

## NEW! Photography group

We will be running a short photography group for adults over 16 years old. The group will take place on a Wednesday starting on 25th October from 3-4pm. The short course will last for six sessions and there will only be four places available.

The course will cover: autism and photography; camera basics; the theory and history of photography; bringing objects to life; still life; dealing with models and clients; the basics of Photoshop and editing; and preparing to print. There will be an exhibition of the groups work in the final week of the course.

Please contact us at the One Stop Shop if you are interested in taking part.

# Advisory Drop-In Sessions

We offer advisory drop-in sessions on Wednesdays from 1pm – 3pm at our base in Kirkcaldy for anyone wishing to speak to an Autism Advisor without an appointment.

You can find us at New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT

For more information about our Fife One Stop Shop, please contact 01592 645350 or email [fifeoss@scottishautism.org](mailto:fifeoss@scottishautism.org)

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