

# Moray

What's going on • Autumn/Winter 2017

# Scottish autism

## Getting Active



During the summer, Morag, Val, Tony, Debbie and Carlo all went on a walk together along an old railway line from Elgin to Lossiemouth as part of our Healthy Working Lives Award. At the end of the line, they were joined by Jacob who didn't fancy the walk but still wanted to join them for an ice cream! Everyone had a lovely day, especially the well-earned ice cream at the end.

## A Trip to Cadonas Amusement Park

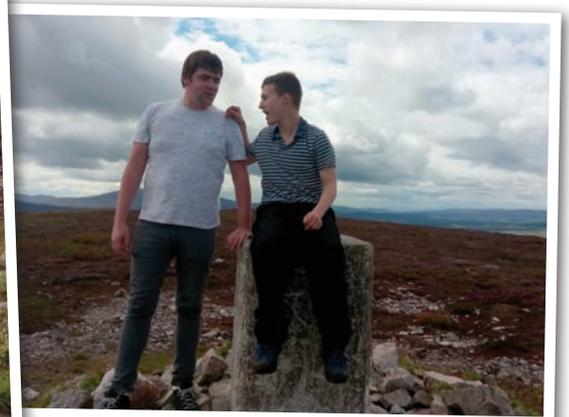
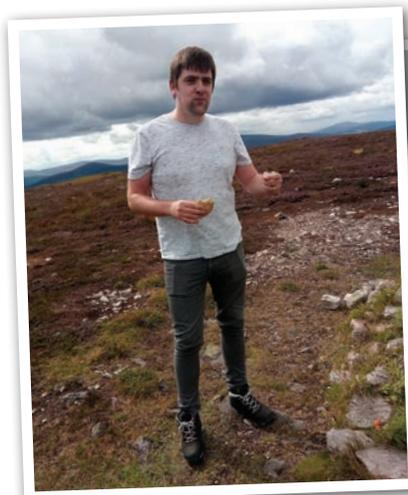
During the summer holidays, Carlo and his support staff were joined by his mum and dad for an exciting trip to Cadonas Amusement Park in Aberdeen. Carlo and his dad went on a ride called Dead Man's Drop Tower – a huge ride that lifted them up the pirate ship mast into the crow's nest in the clouds where they had a fantastic 360 degree view of the beach! Crazy golf was also a favourite among the group.

Charlie also had a great day out at Cadonas where he was delighted to have a ride on the white water rapids with its giant drops and the possibility of getting wet.



## Ben Aigen

Ivan, Debbie and Carlo went for another hike up Ben Aigen. They look delighted to be at the summit which has some of the most extensive views over Moray. It's around a three hour walk and covers five miles so everyone was happy to have a well-deserved rest once they got back.



# Fun at Landmark

A joint summer activity saw Carlo, Charlie and their support staff heading to Landmark in Carrbridge for a day of fun. They took part in activities including the Wild Water Coaster and Tarzan Trail. Charlie lost his body in the Bamboozleum, while Carlo had a great time on a zip wire. After lots of fun, a lovely lunch was enjoyed at Landmark and on route home a chip shop supper finished a fabulous day out.



## A Visit to The Highlanders' Museum

Charlie visited The Highlanders' Museum, which covers three floors of Fort George's former Lieutenant Governors' House. The museum has roughly 20,000 artefacts and an estimated 10,000 documents and photographs. The museum is the largest regimental museum in Scotland outside of Edinburgh. Charlie really enjoyed his visit and the opportunity to learn more about the history of The Highlanders.



## Staff Get Muddy



In June, three members of our staff, Khaya, Laura and Ivan, took part in the Tough Mudder Half at Drumlanrig Castle. Five miles and 13 obstacles later they were delighted to be finished. They had a great time and plan to return next year to take on the full Tough Mudder course!

For more information about our services in Moray,  
please contact 01343 569268

Scottish  
autism

[www.scottishautism.org](http://www.scottishautism.org)

Company Limited by Guarantee. Registered in Scotland No. 81123  
Registered Office: Hilton House, Alloa Business Park,  
Whins Road, Alloa, FK10 3SA  
Scottish Autism is a charity registered in Scotland, No. SC 009068

Follow us on Twitter and Facebook

 @ScottishAutism

 /scottishautism