

Autism and Beauty Therapy



One of our Support Workers here in Central has had an article published in a magazine for beauty therapists! Susan Norman has worked at Balmyre for four years now where she provides holistic beauty therapy for the individuals we support in addition to her role as a Support Worker.

Susan, who runs Bliss at Balmyre, offers a range of free treatments each lasting around 15 minutes. Bliss was set up to enhance the lives of individuals by offering a personalised salon experience, which benefits their mind, body and spirit. Many adults with autism find it difficult to access these salon treatments within the community; Bliss offers them this opportunity.

Susan explains: "For people with autism, accessing an experience that most take for granted can be difficult for a number of reasons. The work I do really makes a difference – from the thrill of verbally choosing a treatment off the treatment list, to just having their face touched during a facial."

Well done Susan on this wonderful recognition of your work!

New Service for Adults with Autism in Central

We are delighted to announce that we are planning to open a new residential service in Alloa in 2018 for adults with autism. The new service will provide accommodation for up to nine autistic adults and include six self-contained flats, all with en-suite facilities.

As the individuals we support get older, their needs change over time and additional health and mobility issues add new challenges. The aim of this new service is to provide accommodation which meets the specific care needs of adults with autism who may live with other health-related issues such as arthritis, limited mobility and sight loss.

Angela Steele, Senior Autism Practitioner, said: "As people get older, the risk is that individuals become socially isolated or have to move into a non autism-specific care setting to meet their physical needs. With this new service, we want to create an environment that is fit for purpose now but can also be adapted for the future."

The property will be all on one level with private accommodation and communal social areas. Enlarged door openings and en-suite shower rooms are just some of the adaptations that will be made. There is also a large mature garden which we are hoping to transform for use by all residents.

Having invested in the building, we are currently fundraising for the cost of upgrading the interior and outside areas of the residence and are really excited for this fantastic new service to open next year.



Art Opportunities Exhibition

Art Opportunities held an exhibition recently to display the artwork that the individuals we support had created in line with the theme of 'Fairytale & Fantasy'. The night was a huge success making over £500.

Here is what some of the individuals had to say about the exhibition:

'Good days work, been working hard doing painting and drawing, hamma beads, sewing and glass work. My parents came to the exhibition. It was good.' – Michael Martin

'I bought three of them, the coasters. It's my artwork, me Christopher, it's a fairy house. I love it because there's so much going on in there (exhibition). I was there showing people round where to go. I was talking to them.' – Christopher Marley

'I liked looking at all the things.' – John Ellsworth

'Fine, I bought a candle holder. It's in my bedroom on the unit.'
– Fiona Stramaccioni



Gartinnny Nurseries Summer Opening Hours



Our Gartinnny Nurseries service offers horticultural therapy to adults with autism. Individuals are supported to fully participate in the running of Gartinnny and are valued for their contribution.

Come along and visit us to pick up some lovely plants and shrubs for your garden! We also have woodwork, handcrafted by the individuals we support.

Monday - Friday: 9.30am - 4pm

Saturday: 10am - 4pm (April - August)

Gartinnny Nurseries, Woodhead Place, Coalsnaughton, FK13 6LQ

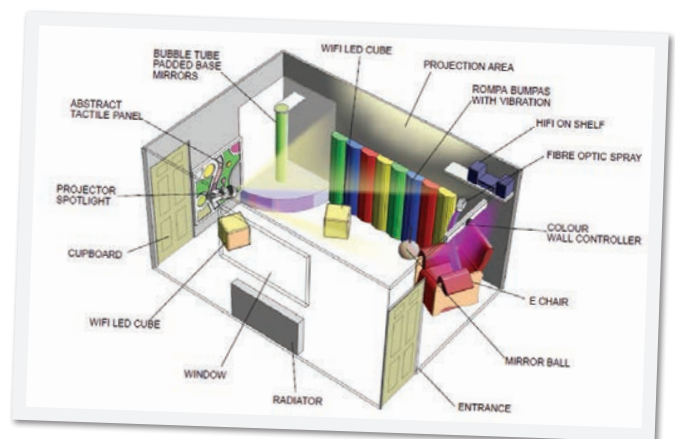
You can now also find Gartinnny on Facebook - just search 'Gartinnny Nurseries' and give our page a like!

Help us Fundraise for a Sensory Room

Our Chrysalis service in Clackmannan is currently fundraising to transform one of its rooms into a sensory room for the individuals we support. The room will be kitted out with sensory objects such as lights, soft mats and flooring, different textures, bubble tubes, plastic mirrors, a projector, sound boards, bean bags and relaxing sounds.

The new sensory room will allow individuals the opportunity to relax, calm down and feel safe. We previously used the back room as a space for individuals to relax and take part in some sensory activities, but feel those we support would greatly benefit from having a proper sensory room in place where they can explore and experience different senses.

To make a donation towards our new sensory room, please visit www.justgiving.com/fundraising/sasensoryroom - thank you!



For more information about our Central Area Services, please contact 0845 300 9271 or email central@scottishautism.org

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