

Lothian

What's going on • Summer 2017

Scottish autism

Sarah and Martine on SAM Radio

SAM Radio is a radio station for autistic people, by autistic people. Two of the individuals we support, Sarah and Martine, have their own shows on the station and have written a little about their experiences:

Martine

"I visited SAM Radio on the 22 February 2017. I now present the show every Thursday morning – the show is also repeated on a Monday at 10am. I already listen to other radio stations, so I was very pleased to start presenting my own show.

I have enjoyed presenting the show and have also played some music for the listeners. My show has a topic each week which I discuss with the staff. I am going to interview the staff who support me every Thursday. I play different music which I choose the night before the show.

I do shout outs for different people. I enjoy the show."

Kyle's New Service

Kyle Easdale has recently started receiving a service at the Autism Resource Centre (ARC) in Musselburgh on a Saturday and has made great progress so far.

When Kyle first started receiving his service, he was very wary but now looks forward to seeing the staff from ARC when they collect him and he greets them with a nice smile. Our staff have worked consistently on building Kyle's confidence as he doesn't particularly like going long walks but he recently managed to go to North Berwick and Arthur's Seat for a walk. With the right preparation in place, Kyle's confidence is growing and he is being able to achieve things that would have been very difficult for him before.



Sarah

"I started SAM Radio in June last year and I present a show about music facts. Lots of people have shows about different topics such as football, showbiz and storytelling. Some people interview guests and a lot of shows play music. My shows always have a theme e.g. Oscars, birthdays and workout songs. I play all decades of music but I like the 80s and 90s the best. With SAM Radio I went to the Forth Awards in 2016 where I saw Simple Minds, Paul Carrack and Paul Young. Going to the Forth Awards was a great experience."

To find out more about SAM Radio or to listen in, visit their website: www.samradio.org. Or you can contact info@samradio.org

Kyle enjoys doing different activities every week, including going swimming, out for lunch and to the shops. His independence has also increased since receiving this new service and we are so proud of everything he has achieved.

Meeting Temple Grandin



Amy, one of the individuals we support in Lothian, recently had the opportunity to meet Temple Grandin at a lecture she was delivering at the Scottish Rural College. Temple Grandin has had a profound effect on the welfare of livestock and has an acute awareness of the sensory aspects of the animal's experiences. Her lecture was highly informative and entertaining, in her inimitable style. Amy was very pleased to meet Temple Grandin and was able to have a brief discussion with her at the end of the session.

Dance Group

Two of the individuals we support, Ana Sofia and Rochelle, recently went to Fisherrow for an afternoon of dancing and fun. Ana Sofia and Rochelle have built up a strong friendship since they both started receiving a service from ARC in Musselburgh.

They were supported by staff to access the dance group and all took a walk over together. Once they arrived, they were both excited to start as they couldn't wait to dance along to some of their favourite music. The girls both really enjoyed themselves and are looking forward to going back again soon.



Long Service Awards



Two of our staff in Lothian recently received long service awards. Mandy has been with us for 20 years and John for 15. Well done both, and thank you for all your commitment and hard work in Lothian services!

Parkside Update

BBQ in the Garden



While the weather was nice and sunny, we made the most of it by spending time in our garden. We had a BBQ followed by a Zumba session outside led by Rabina and Fiona.

Martine's Tea Party

Martine organised a tea party in the garden to get everyone together for an afternoon of fun. Beforehand she was busy in the kitchen making up some tasty treats for the party, including some flapjacks, which were a hit with everyone! After enjoying all the nice food, we spent some time outside chatting, colouring and relaxing together. It was a really lovely afternoon – thank you Martine!



For more information about our services in Lothian, please contact 0845 300 9274 or email lothian@scottishautism.org