

New Ridgemark

Transitional Assessment Service

What's going on • Summer 2017

Scottish autism

Physical Activity Focus



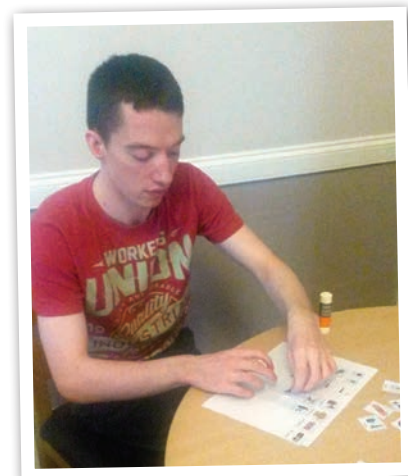
One of our main areas of focus this year within the service is promoting physical activity for all individuals.

Research informs us that taking part in regular activity, moving more often and breaking sedentary patterns of behaviour can bring many physical and mental health benefits. Something as simple as going for a walk or changing the way we approach everyday activities can make all the difference when it comes to people enjoying a better quality of life.

One of our staff members, Diane McLean has started fundraising to enable New Ridgemark to purchase outdoor exercise equipment for the walled garden, including an air walker and exercise bike. Some individuals find it difficult to access local gyms within the community due to the stress and sensory issues that accompany this. By having our own outdoor gym, individuals will be able to keep fit within the comfortable and familiar environment of the service. Fundraising events planned so far are a bake sale and some staff are taking part in the great Scottish Run and sky diving!

The walking group has kick started for the spring/summer and continue to actively plan their preferred routes, most recently walking nine miles round the falls of Clyde!

As part of our fundraising we also plan to purchase a portacabin to utilise as an art therapy/ multipurpose activity room as we have limited space within the main house and other outer buildings to do this.



ASDAN Update

As discussed through our review process, we have registered with ASDAN to enable the individuals at New Ridgemark to work towards independent living skills qualifications.

Donald is working on 'independent living' and 'meal preparation' and about to start the 'workrite module'. Kenneth, Graham and Calum are working on the initial 'starting out' modules and have started or are due to start:

- **Graham - Residential Experience**
- **Calum - Introduction to Numeracy Skills**
- **Kenneth - Horticulture**

Everyone appears to be enjoying the process and are very excited and proud of the work they have put into it. Well done all!

Can you help us fundraise for our new outdoor gym?

We would appreciate anything you can do to help us raise the money needed to give the individuals this opportunity. Please contact the Scottish Autism fundraising team or visit the website to get some inspiration on how you can raise money!

Email: fundraising@scottishautism.org or call: **01259 720044**

Visit: www.scottishautism.org/get-involved

Easter Extravaganza



In April, we held an Easter Event in the area office, which 32 individuals from across the south west area region attended.

On the day, a mini circuit exercise class was on offer for a taster session in exercise. Calum enjoyed this so much he went back for more!

Arts and crafts took place in the large training room. This was a favourite of Donald's; he decorated eggs, made cards for his mum and enjoyed the company of his peers.

After a lovely buffet lunch provided by New Ridgepark cooks Gillian and Catrina, including sandwiches, sausage rolls, salads, carmel cake, tablet, cream egg rocky road and the favourites - homemade meringues, cream, strawberries and mini eggs!

For individuals at New Ridgepark that could not attend, a buffet lunch was put on back at the service and there was cake decorating and arts and crafts. This ensured opportunities and participation for everyone.

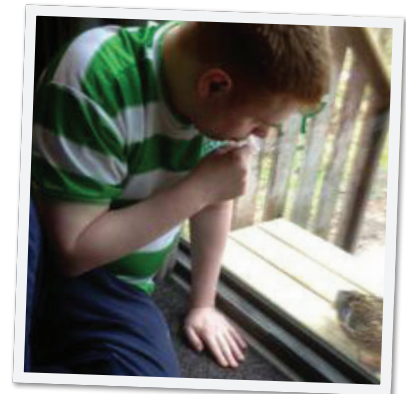
Here's to planning the next summer event!

Graham's Holiday to Centre Parcs

By Jim Nicolson, Autism Support Worker

The long awaited morning of March 10th had finally arrived! On waking Graham, I mentioned that today was the day that lucky old Centre Parcs in Penrith was to receive four new guests for a long weekend. James, Jim and Mick were to accompany Graham and help make some of his holiday wishes come true. Graham was so excited and in great spirits as we took off on our adventure. As this was the second time we had been to Centre Parcs, we quickly found our way to our lodge which was extremely comfortable. We unpacked and sat down together to make a plan of action. Graham never once wavered from the fabulous frame of mind in which he had wakened. He was so excited to get orientated and start his adventure.

For the next three and a half days our little group explored the park going out for walks, going swimming (which was Graham's favourite) going out for meals and watching DVD's. Graham even made friends with one of the local wildlife, a duck he named Uncle Waldo. Uncle Waldo returned several times to the back door to be fed by Graham, who was very gentle with the small animal. Like Uncle Waldo, Graham also liked being fed. His favourite place whilst on holiday was Bella Italia where he and James scoffed a large platter of Italian tapas followed by huge bowls of spaghetti bolognese. When the time came to leave, Graham asked a question that was simple but telling 'can we come again?' It was a truly wonderful holiday and experience for Graham.



Long Service Awards

Congratulations to Cathy Buchanan and Peter Dawson who have received long service awards for their dedicated commitment to Scottish Autism. Cathy has been with us 15 years and Peter 10 years.

For more information about our New Ridgepark Transitional Assessment Service, please contact 0845 300 9275 or email ridgepark@scottishautism.org

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