

# Scottish Autism News

## Help Support Our Pupils at New Struan School

Scottish  
autism

Our pupils at New Struan School have recently had the opportunity to enjoy some rebound therapy sessions and we need your support to continue to offer this hugely beneficial activity.

### What is rebound therapy?

Rebound therapy is a form of exercise that uses trampolines to encourage therapeutic movement in people with a variety of disabilities and additional needs. It's much more than just bouncing on a trampoline, giving the opportunity to work on physical, social and sensory goals in a fun and enjoyable way using a combination of games and exercises.

### Benefits of rebound therapy

The benefits of these sessions for pupils include improved fitness, concentration, balance, and communication skills, as well as increasing muscle tone and promoting relaxation.

Each session typically lasts 30 minutes giving pupils time to fully engage in the activity. Pupils can either attend the session individually or as a pair. The additional benefits of going as a pair include turn taking and patience skills as pupils have to share time on the trampoline and be considerate of each other.

One pupil in particular has developed their communication and listening skills significantly since we started rebound therapy. Their first session had to be cut short as the pupil was not responding well to instructions and was finding the situation difficult to deal with. However, since continuing to attend the sessions and building up their confidence over time, the pupil is a lot more engaged and has been able to develop enhanced verbal communication skills as a result. The pupil is also engaging well with staff during the sessions and has improved their ability to understand and make decisions using both verbal communication and a picture card system to convey their choice.

### How you can help

We have already raised funds to cover the cost of a trampoline for the gym in the school but now we need your help to raise over **£9,000** to run the sessions for a year.

To make a donation to help fund these valuable therapy sessions for our pupils, please visit [www.scottishautism.org/donate](http://www.scottishautism.org/donate) or send a cheque payable to 'Scottish Autism' for attention of Fundraising to Scottish Autism, Hilton House, Whins Road, Alloa Business Park, Alloa FK10 3SA.

Be sure to let us know that your donation is for the rebound therapy. Thank you!



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Scottish Autism News is produced three times a year. If you would like to unsubscribe, please contact us on 01259 720044 or email [marketing@scottishautism.org](mailto:marketing@scottishautism.org)

# Advances in Women's Studies Conference

We are so excited that we are going to be at the Advances in Women's Studies Conference in Toronto! Charlene Tait, Director of Autism Practice and Research, and Catriona Stewart, Autism Advisor, are going to present on our online support programme for autistic women and girls.

This is a fantastic opportunity as it gives us the platform to spread the word about our women and girls online support programme to an international audience at a non-autism related conference, where many people may not be aware of autism and its impact on women and girls specifically.

The title of Charlene and Catriona's presentation is, 'Information & Inspiration: developing an online approach towards the empowerment of autistic women and girls' where they will demonstrate how we have created an online programme to help support, inform and empower autistic women and girls.

We are really looking forward to the conference and the opportunity to engage with an international audience on such an important issue. We would also like to say a huge thank you to Lyreco who are so kindly sponsoring us to take this trip and present at the conference.



Charlene (left) and Catriona (right) at the launch of our women and girls online support programme.



## New Share Magazine Out Now!

The new edition of our Share magazine is now available to read online. Share is one of the ways we communicate the work of our Centre for Practice Innovation, as well as other good practice and research that is happening within the autism community.

This edition focuses on knowledge and developments that are happening within our own autism services. It looks at the value of knowledge held by staff and professionals, families and the people we support and how we manage and harness this to better support individuals with autism.

Articles in this edition include a look at how we support individuals through the whole life journey, including a personal perspective from Ewan; a report on our Get Set 4 Autism project that offers post-diagnostic support in Argyll and Bute; and an insight into the role of knowledge management in practice development.

You can read Share by visiting our website, [www.scottishautism.org/share](http://www.scottishautism.org/share)



# Ryan's work experience at Barnhouse

In April, Ryan, who we support in our Orkney service, spent two days at the Barnhouse Neolithic Village, working with other young people, professional stone masons and restoration experts. Ryan learned about the history of Barnhouse and how it was discovered by Professor Colin Richards, who came to give a talk to the volunteers. He was told about field walking and has been offered the opportunity to do this again in the future. It was during a field walk that Professor Richard's dog, Rufus, started to dig and he came across part of the walls making up the Barnhouse village. Ryan worked with the stone masons and learned how to reconstruct stone walls to maintain the authentic look of the buildings.

Ryan said that he enjoyed the experience of working at Barnhouse and would like to be involved in similar projects in the future – as long as the weather is better!



# 500 Hours Award



Billy Scobie, who we support in our Fife outreach service, has been accessing a local resource in the area – the Kinghorn Ecology Centre – for several years, where he carries out gardening tasks ranging from planting seeds and flowers, weeding, cleaning out the pond, and tidying up. Billy was recently awarded with a 500 hours voluntary certificate for all his hard work at the Ecology Centre.

Well done Billy!

# Creative Writing Group

You may have noticed that 'creative therapies' is a hot topic just now, but our West of Scotland services has been offering this for many years through our well-established creative writing group. We are a small, friendly, relaxed and supportive group. Most writers work from the tutor's range of suggestions, while some prefer to write from their own ideas and appreciate the groups' feedback on their work.

The group offers a safe place to experiment with different writing styles by writing about particular interests, exploration of characters' feelings and relationships, as well as some real life experiences, challenges and successes. Led by Annette Allison, a qualified and experienced tutor, the group offers individuals the opportunity to build their confidence and improve their writing.

Here are some pieces written by the individuals who attend the group:

## Paintings by Victoria Curtis

When I was in Kelvingrove Art Galleries, I saw lots of paintings. They were very beautiful. Some were new and some were old. Some were big and some were small. Some were dark and some were bright. Some were amazing.

## Why Positive? By Paul Ritchie

A lot of people tend to be unemotional. We can't help that. But the need for positive thinking is not asking too much. You may see the negative side. The world is based on many aspects. Maybe what is needed is to distinguish categories, so that the positives not only recognised but assists the receiving of thinking. Accentuate the positive, eliminate the negative, don't mess with Mr. in between.



# Sarah and Martine on SAM Radio

SAM Radio is a radio station for autistic people, by autistic people and two of the individuals we support in Lothian, Sarah and Martine, have their own shows on the station. The station is managed by Paul Ross with the help of his family. Paul, who holds a degree in sound engineering and who himself has a diagnosis of Asperger's Syndrome, is able to work the technical desk for the presenters who prefer not to. Sarah and Martine have written a little about their experience of being on the radio...

## 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."



Sarah (left) in the SAM Radio studio.

## Martine

"I visited the 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."

To listen to SAM Radio or to learn more visit: [www.samradio.org](http://www.samradio.org)

# School Play

After weeks of hard work rehearsing, our pupils at New Struan School performed their drama 'The Cairn Stone' for parents and staff at the school earlier this year.

The play told the story of a boy called Struan as he and his dad went to explore the Ochil Hills. They see snow, a waterfall and lots of clouds as they climb higher and higher into the hills. They hear the beautiful sound of an unusual bird, which Anders performed extremely well. All of the pupils who took part during the performance did a wonderful job, especially Jack and Jason who were on stage for the whole show.

We are so proud of our pupils for coming together to engage in this piece of work. Well done everybody!



# Donate Your Old £1's Corporate Giving

£1 coins have now been replaced with the new 12-sided version. The old style coins will no longer be legal tender after 15 October 2017. Please donate your old coins to Scottish Autism and help us to reach more people with autism in Scotland.

You could start collecting with one of our home money boxes which you can order from our Fundraising Team by emailing [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org) or call **01259 720044**



- Our annual Golf Day, sponsored by SG Pro Cleaning, raised over £6,500 for our new service for adults with autism in Alloa. If you are interested in holding a Golf Day to raise funds please get in touch.
- Staff at Silverburn's Fat Face store in Glasgow are fundraising for us throughout 2017. We wish them luck with their abseil in June! If you have a team of colleagues interested in our Get Active events we can help you find a challenge to suit.
- Do you have a Charity of the Year nomination coming up? Get in touch with us and we can help you through the process of nominating Scottish Autism. We work with businesses of all sizes and engage their staff to help them support people with autism in Scotland.
- Matched giving is often a well-kept secret! There are hundreds of organisations throughout the UK who offer their employees the chance to boost their fundraising by matching the money they have already raised. It is a simple way to maximise your fundraising efforts; your company may even match your fundraising £ for £. If you need any further information about matched giving just let us know.

If you would like to get your business involved with Scottish Autism, from volunteering to fundraising, we can work with you to build an outstanding partnership while raising awareness of autism. Please contact us today at [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org) for more information about how we can support you.

## What Your Support Means

Thank you to all our supporters who donated over £26,000 to help refurbish our vocational day service Cafe Kudos in Carluke. The cafe will be refurbished in June and re-open at the end of June with a fresh new look. Please pop in for a visit! You can find us at 5 Union Street in Carluke.



## Fundraising Highlights

### Thank you to:

- Gemma Chinchon and Derek Calder for raising a massive **£3,084** by taking part in a sponsored skydive
- The Hospital Saturday Fund for donating **£3,000** towards art, drama and music therapy sessions for the individuals we support at our day service in Glasgow
- Karen's Alteration Services in Milngavie for their regular fundraising reaching a fantastic **£2,200**
- Dunfermline Round Table for donating **£1,000** to build a garden sensory room at our residential service in Lochgelly, Fife
- Annandale Young Farmers for raising **£587**
- Kevin McCran who took on the Alloa Half Marathon raising a fantastic **£529**
- Russel and Aitken Solicitors for donating **£316**
- Iain and Janina Littlejohn for raising **£300** – congratulations on your Golden Wedding Anniversary!
- Central Demolition for their continuous support and recent donation of **£250**





# knowledge share

This year we are in Fife and Orkney with our Knowledge Share seminars. The aim of the events is to create a forum where we can communicate directly with parents, carers, professionals and individuals with autism. We deliver practical information on a range of issues that directly impact on the quality of life and wellbeing of individuals on the spectrum and their families.

## Voice, Participation and Involvement:

Fife – 26 September 2017 • Orkney – 31 October 2017

## Relationships and Sexual Health:

Fife – 30 January 2018 • Orkney – 27 February 2018



Each seminar costs just £20 and can be booked by visiting [www.scottishautism.org/knowledgeshare](http://www.scottishautism.org/knowledgeshare)

## Upcoming Exhibitions and Events

30 June/1 July – The Autism Show, Manchester

14 September – Kidz to Adultz Scotland,  
Edinburgh

20/21 September – Scottish Learning Festival,  
Glasgow

27 September – Education Network Day, Alloa

9 October – Professional Open Morning,  
New Struan School

## Get Involved

- Dog Jog Glasgow – 29 July
- Dog Jog Edinburgh – 30 July
- Kiltwalk Dundee – 20 August
- Pedal for Scotland – 10 September
- Kiltwalk Edinburgh – 17 September

To celebrate all our supporters' fundraising, we're giving away a free mountain bike to the fundraiser who raises the most money in 2017!

Our bike was generously donated by Brian Jukes from Business Fix and Mark Sheilds from Sheilds & Sheilds.



Inspired to train for an overseas trek?  
We have a range of events available.  
Please contact [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org)  
or call 01259 720044