

## Robert's Special Christmas Surprise

Robert, who attends our Blue Central service two days a week, was recently working hard on a special project that he was keeping a secret from his mother, in the run up to Christmas.

Many years ago, Robert knitted a scarf for his mother and she was so proud of it that she's worn it every winter since.

This Christmas, Robert wanted to surprise her by knitting her a new scarf but he wasn't sure where to start and therefore asked a member of support staff for help. The staff member helped Robert choose some wool and reminded him how to start the process of knitting again. He didn't need much reminding though and Robert was soon back knitting every Tuesday.



Robert is very proud of the beautifully finished scarf and his mother now has something new to remind her of her talented and creative son.

## Welcome to Gordon!

We are all delighted to welcome Gordon to our support services in Fife.

Gordon is settling in well and has been building strong relationships with his team already. He loves the great outdoors and as you can see, especially enjoys visits to the beach. His interests include live music, dancing, and meeting up with his family too.

During the festive season, Gordon attended our service's Christmas Party with his family, and it's safe to say that he thoroughly enjoyed himself and out-danced everyone.



## Celebrating at Kassy's Kitchen



In November, Uisdean was busy celebrating with the team at Kassy's Kitchen in Cowdenbeath when they won the Best Cafe in Central Scotland Award.

Over the years, Uisdean and other individuals supported within the local area, have visited the cafe regularly and have built a great rapport with the lovely staff team there.

Uisdean was pleased to hear of Kassy's Kitchen success in receiving the award and was delighted to celebrate with them when the paparazzi arrived for a photo opportunity. He even made it into the local newspaper, the Central Fife Times!

# Festivities with the Art Group



Prior to the festive season, the art group were hard at work crafting beautiful holly wreath decorations, made from recycled jigsaw puzzle pieces.

After all the celebrations of Christmas and New Year are over, we have a tradition where the group meet to hold a party and order some tasty delights from our local Chip Shop or Chinese takeaway. It's a Christmas party with a difference. Christmas crackers are of course a must! We were delighted to have both the Art and Forum groups come together for the occasion this year and everyone enjoyed getting to meet a few new faces for lots of fun and laughter.

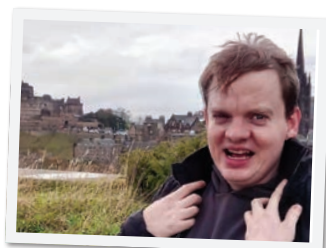
Our next art project as a group is to work on a self-expressive piece on canvas which we will exhibit at Ocean Terminal in Leith during Autism Awareness Month. Pop along during April to see the collection on display and celebrate the 50th Anniversary of Scottish Autism.

# Christopher's Edinburgh Adventure

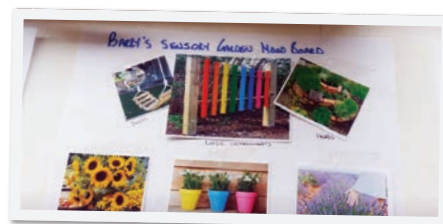
Christopher, who is supported within our Fife service, recently enjoyed a day out with his support team in Edinburgh. As a keen train enthusiast, Christopher particularly enjoyed the trip because of the train journey.

As he enjoys being on a train so much, there have been times in the past where he has preferred to stay on the train rather than get off at his destination but luckily on this occasion, it was the end of the line in Edinburgh!

Christopher thoroughly enjoyed his day out and spent most of the day at the National Museum of Scotland, seeing some of the exhibits it has to offer.



# Sensory Garden Coming Soon



The team at our supported living service in Lochgelly are currently working hard to raise funds for a new garden based sensory area. The garden space is shared by eight residents who are all supported within our services and would greatly benefit from having the option to explore different senses within a controlled and relaxed environment.

We would like to say a huge thank you to everyone who has been involved in fundraising for this project, raising a wonderful total of over £13,000 so far.

The staff team have been working with the residents to see what they would like to have available within the sensory garden. Some of the individuals have limited verbal communication but this has not stopped them being able to voice their own choices. Through the use of pictorial aids, the staff have worked with the residents to create fantastic moodboards to refer to and visually communicate their choices for the space.

For more information about our services in Fife,  
please contact 0845 300 9273 or email [fife@scottishautism.org](mailto:fife@scottishautism.org)