

# Scottish Autism News

## Businesses give Scottish Autism a 'My Five'!

Scottish  
autism

Scottish Autism's 'My Five' campaign launched in December 2018, in partnership with our charity partner Glasgow's St Enoch. The aim of this new initiative is to gather suggestions from the autistic community and their families of small adjustments retail outlets, supermarkets, restaurants and cafes can make to create a more welcoming and accessible environment for autistic people and their families.

At the heart of this campaign is providing the autistic community with the opportunity to share suggestions that are useful and meaningful to them. To encourage responses from the autistic community, the campaign was supported by a range of businesses and appeared across Scottish Autism's website and our social media channels.

Throughout, we received a huge amount of support. The St Enoch Centre hosted suggestion boxes at their Customer Service Desk and Quiet Area which enabled both autistic individuals and their families to submit their views whilst shopping in Glasgow throughout the months of December and January. The Overgate Shopping Centre in Dundee, Stirling's Thistles Centre, Rangers Football Club, Princess Parties Scotland and Go Ape have also supported this campaign either by having their own suggestion boxes, or by sharing our content on social media.

Scott McIntyre, Director of Vanilla Ink Studios in Glasgow and his son, Jake, are autistic. Scott told us, 'Making these tiny changes can make a huge difference to a family like mine, for whom it is a huge event to go out somewhere to eat and spend some nice family time together. We don't often go out but when we do, it can often descend into craziness as there is too much going on – there's lights, there's noise, there's people. But we're long past the awareness point now and it's gotten to the stage of acceptance, and we need to accept that we need to make changes as a society to support autistic people.'

The top five suggestions collated from this public consultation has informed a free guidance document that will be made available on the Scottish Autism website in the next few weeks for businesses who are committed to providing a more welcoming and accessible environment for their autistic customers.

In the future, we hope to roll this campaign out further to include other sectors, including businesses and destinations such as sporting venues, cinemas, workplaces and transport.

If your business would like to get involved with 'My Five' in the future, or you would like to receive more information on how your workplace can become more accessible and welcoming, please get in touch with us by emailing:

[fundraising@scottishautism.org](mailto:fundraising@scottishautism.org) or by calling 01259 720044.

Thank you!



Wallace launches 'My Five' with St Enoch Centre

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Scottish Autism News is produced twice a year.

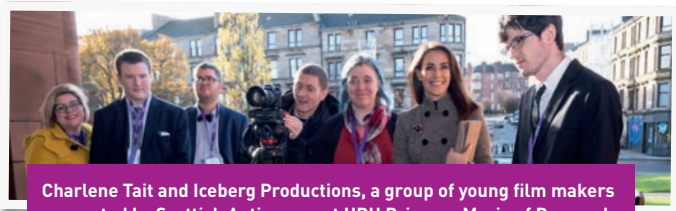
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# A Royal Conference

At the beginning of November 2018, we hosted our 50th anniversary conference, 'Innovation in Autism Practice: The Future is Calling' at the Grand Central Hotel in Glasgow.

In addition to a fantastic array of international speakers, we also held a celebratory dinner on the evening of day one of our conference. We were delighted to have our dinner hosted by the Minister for Children and Young People, Maree Todd. Prior to our dinner, we had a drinks reception kindly sponsored by Glasgow City Council, which included a welcome from Bailie John Kane.

At the conference we were honoured to be joined by Her Royal Highness, Princess Marie of Denmark, who is a passionate advocate for greater support and rights for autistic people and the patron of Autism Denmark. Princess Marie made the opening speech after the welcoming address by Charlene Tait, Deputy Chief Executive Officer, where she talked about the value of sharing knowledge and experience as well as the importance of working together to improve the lives of autistic people.



Charlene Tait and Iceberg Productions, a group of young film makers supported by Scottish Autism, meet HRH Princess Marie of Denmark

Thank you to everyone who attended our conference, as well as our conference sponsors, Lyreco.

# Welcome to Dorry!

We are delighted to have recently appointed Dorry McLaughlin as our new Chief Executive. She succeeds Alan Somerville who retired earlier this year after nine years in the post.



Dorry joins us from Viewpoint, a charity providing supported housing and care services for older people in Edinburgh, the Lothians and Fife, where she served as Chief Executive for eight years. She brings a wealth of experience and knowledge to her new role at Scottish Autism with over 25 years spent working in housing, support and care services, including spells within local government and with the housing regulator in England.

It has also been announced that Charlene Tait, who had been serving as Scottish Autism's Director of Autism Practice and Research, has been promoted to the newly created role of Deputy Chief Executive. Charlene has worked in the field of autism for over 20 years, in both practitioner and academic roles, initially joining Scottish Autism in 1990. She has been instrumental in the development of our pioneering services and support. She is dedicated to enabling and enriching the lives of autistic people and their families, throughout their whole life journey.

# The 'Not Included, Not Engaged, Not Involved' report



Representatives from Scottish Autism, The National Autistic Society Scotland and Children in Scotland deliver the letter to John Swinney MSP.

Last September, in partnership with Children in Scotland and the National Autistic Society Scotland, we published the 'Not Included, Not Engaged, Not Involved' report, which was the result of responses to a national survey of 1,417 parents about children's experiences of missing school.

Almost 3,000 people signed a letter calling for the Deputy First Minister and Cabinet Secretary for Education and Skills, John Swinney MSP, to address the barriers autistic children face to accessing education.

The letter was delivered last December by representatives from Children in Scotland, the National Autistic Society Scotland and Scottish Autism

Charlene Tait, Deputy Chief Executive, Scottish Autism, said: "As a charity committed to enriching the lives of autistic people, excluding autistic children from school is detrimental to both their education and to their overall well-being.

"Almost 3,000 people across Scotland have asked the Deputy First Minister to support the nine calls for action set out in our report, which include stopping the inappropriate use of part-time timetables, improving the availability of specialist teachers, and enhancing programmes of autism training for teachers. Working with report partners Children in Scotland and the National Autistic Society Scotland, we want systemic change, providing suitable, cost effective training for teachers, aimed at providing appropriate support around an autistic child's needs. We want to see full transparency in the use of unlawful exclusion so it can be recorded and addressed.

"The calls for action detailed in the report, if implemented, would likely make significant improvements in the educational experiences of autistic children, so that autistic children and their families throughout Scotland can thrive."

# Celebrating Pupil Achievements

During our last assembly of 2018 at New Struan School, our independent day and residential school, we celebrated the achievements of our pupils by awarding them with their '50 Things' trophies. Our '50 Things' is a list of goals that pupils would like to achieve during their time at the school, and we have created a thermometer that measures and displays these achievements in Bronze, Gold, Silver and Platinum levels.

The '50 Things' awards handed out during this special assembly were:

## BRONZE

- Jason with 20 achievements
- Adam with 18 achievements
- Jay with 23 achievements
- Jenny with 19 achievements
- Jack with 29 achievements
- Alfie with 19 achievements

## SILVER

- Danny with 30 achievements
- Denaun with 35 achievements
- Jack with 34 achievements
- Jamie with 32 achievements
- Kyran with 31 achievements
- Ben with 31 achievements
- Aidan with 30 achievements

Well done to all of our pupils who received awards!



Kyran adds his name to our display.

# A Colourful Exhibition

The talented artists within Art Opportunities, our vocational day service in Alloa, held an exhibition of Modern Art and Art Deco inspired pieces on Tuesday 20th November. The theme of this exhibition featured lots of bold colours and designs. Many mediums were used in the exhibition from fused glass, to textile pieces.

The night was a huge success with the artists having the opportunity to showcase their hard work to their families, friends, support staff and the general public. The work sold raised over £750 and we can't wait to expand our resources with this. A huge thank you to the artists themselves, the team who made this happen and of course, the support from everyone who attended the event.





# A Beautiful New Garden in Fife

Money has been raised with the help of our fundraising team over the past two years to upgrade the communal garden for eight apartments where nine of our supported individuals have their own tenancies. We would like to thank our two superstar supporters, George Eggo and Alison Hood for their outstanding contributions to this project through a variety of fundraising events.

The garden furniture still has to be purchased and the raised flower and vegetable beds are due to be filled in over the coming months. Once this has been done, our supported individuals will be able to enjoy spring and summer in a relaxed environment as well as tend to the flower and vegetable beds, or both. The garden will be officially opened in spring with a celebratory barbecue.



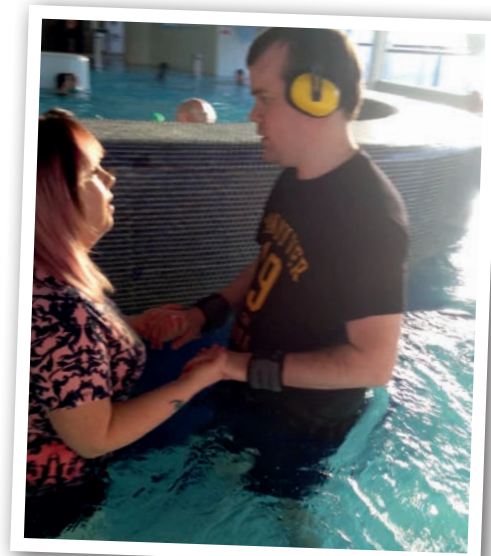
## Ponies Visit ARC

Rochelle, who is supported in Musselburgh, enjoyed a visit recently from some ponies at our Autism Resource Centre. Below she has reflected on what she enjoyed most about the visit.

'I enjoyed the ponies so much when they came to visit the centre. They were called Floss and Applejack. I clapped one of them and took the other for a walk round the centre and back. I was brushing the ponies' hair and their hair was really soft. The ponies looked pretty and were small. One pony was black haired and the other was brown haired but I liked the black haired one the best. The ponies were wearing wee shoes and they were alright. Everyone sat in a big circle in the centre and the ponies went round to see everyone so everyone could clap the ponies. I really enjoyed the ponies coming to visit the centre and would like them to come visit again as I had so much fun.'

## Everything is Going Swimmingly!

One of our supported individuals in our Kilmarnock service, Kevin, has recently started going swimming. Staff have been working with Kevin over the last few months to get him used to the surroundings of the pool at Gorbals Leisure Centre in Glasgow. Last week, Kevin went into the water for the first time, much to the delight of staff who were supporting him! He enjoyed his time in the pool and this week went in with no hesitation. Kevin enjoyed a 40 minute swim before choosing to leave. This is a great progression for Kevin and he will now hopefully make this part of his weekly schedule. Great job Kevin!



# Autism Awareness Month



We are looking for your support throughout the month of April to help us raise awareness and increase understanding of autism.

You can easily get involved by wearing purple, organising your own fundraising event or even participating in our Scottish Autism skydive! Autism Awareness Day will take place on Tuesday 2nd April so why not use our Scottish Autism frame and change your profile picture on Facebook to show your support. Follow us on Facebook, Twitter and Instagram [@ScottishAutism](#) for all of our Autism Awareness Month updates!

If you'd like more information about how you can support Scottish Autism this April, you can email us at [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org), check out our Get Involved webpage: [www.scottishautism.org/get-involved](http://www.scottishautism.org/get-involved) or donate online by visiting the home page on our website.

## Partnership News

January saw us launch our Charity of the Year partnership with Cornhill Castle in Biggar. We are delighted to be working with the staff there this year and we are already off to an amazing start. We loved being at their Christmas Fayre and delivering some awareness training with their team. Keep an eye on our Facebook page for lots of updates about this exciting partnership.

Our Charity of the Year partnership with the St Enoch Centre, Glasgow will soon be coming to an end. Throughout this partnership the St Enoch Centre has been fully committed to supporting the activities of Scottish Autism alongside raising awareness of autism amongst their staff, shoppers and the general public. As well as providing fundraising opportunities for us, introducing us to the 'Toddle Waddle' and participating in their own fundraising activities for Scottish Autism, the St Enoch Centre helped launch our 'My Five' campaign and set-up a quiet and safe room within the centre.

Thank you for choosing us as your Charity of the Year, and for working with us to support a variety of our services. Oh, and for climbing Ben Lomond on that cold, rainy day whilst raising funds for us.

You truly have gone above and beyond for Scottish Autism!

## Special Thanks

We couldn't do it without you and we would like to say thank you to the following businesses:



- Tesco Bags of Help Scheme, their Alloa store, who kindly contributed **£4,000** towards transforming the garden at our Makers Cafe and Community Hub.
- Skyscanner for their generous donation of **£2,000**.
- John Lewis Community Fund for their donation of **£1,385** towards our Lothian services.
- Progress Rail, who participated in a cycle whilst fundraising for Scottish Autism, raising an amazing **£978**.
- Shell UK Ltd, Fife NGL Plant, who kindly donated **£700** to Scottish Autism.
- The 2gether Partnership for their generous donation of **£500**.
- Activ Scotland, who hosted their monthly charity fitness event in aid of Scottish Autism, raising **£204**.

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.

## Walk for Autism

You can now register for our Glasgow and Edinburgh 2019 Walk for Autism events. The Edinburgh event takes place on Sunday 19th May at Holyrood Park and the Glasgow Event is on Sunday 2nd June at Pollok Park. These 5k walks are a perfect afternoon out for all of the family, you can even bring along your dog to join in with the fun!



Registration is priced at £10 per adult, and kids can come along for free. If you'd like to find out more or to register for this event, please check out our website: [bit.ly/walkforautismSA](http://bit.ly/walkforautismSA)

## Fundraising Highlights

### Thank you to:

- All of our glamorous ladies who joined us at our 'Glitter and Gold' Ladies Lunch in the Grand Central Hotel, Glasgow. It was a day of fun, fizz, food and entertainment which helped raise an amazing **£15,300!**
- Wee County Wellness and all of our supporters who got active for autism and took part in the Girl's Big Dirty Day Out, raising a huge **£7,600**.
- Frank Montague who ran ten marathons during 2018 and raised an amazing **£2,923**.
- Damien and his colleagues at Soapbox Digital who participated in the Great Scottish Run, raising **£1,194**.
- Craig Cowan, who organised a charity football match at Falkirk FC's Stadium, raising **£400**.
- James Carson, who sold lemonade at his local street party and raised **£337**.



## Upcoming Events

This year, we will be exhibiting at a number of events. Come along to speak to us and learn more about the services and support we offer.

### March

Neurocyber in Scotland  
– 13 March 2019, Oracle, Linlithgow

### April

The Queen's Nursing Institute Scotland  
Annual Conference  
– 3 April 2019, Murrayfield, Edinburgh

### May

Medica CPD - Temple Talks Autism 2019  
– 15 May 2019, Hilton, Glasgow

### September

Scottish Learning Festival  
– 25-26 September 2019, SEC Glasgow

Keep up to date with all of our upcoming events by visiting  
[www.scottishautism.org/events](http://www.scottishautism.org/events)

## Professional Events at New Struan School

### Education Network Days

Network Days at New Struan Independent Day and Residential School provide a forum for staff working with young people on the spectrum to share ideas, resources and good practice, and to find out what is happening in local authorities across Scotland. Network Days run from 10am – 3pm and places are £65 each.

Upcoming dates for our Education Network Days will be added to our website in due course.



## Get Involved

- Autism Awareness Skydive  
– April 2019 (Choose your date)
- Kiltwalk, Glasgow – 28 April 2019
- Scottish Autism Golf Day, St Andrews  
– 26 April 2019
- Walk for Autism, Edinburgh – 19 May 2019
- Walk for Autism, Glasgow – 2 June 2019
- Kiltwalk, Aberdeen – 2 June 2019
- SAS Style Abseil, Forth Rail Bridge  
– 9 June 2019
- Tough Mudder – 15 & 16 June 2019
- Kiltwalk, Dundee – 18 August 2019
- Kiltwalk, Edinburgh – 15 September 2019
- Great Scottish Run, Glasgow  
– 29 September 2019

Inspired to organise your own fundraising event and need our help?

Please contact [fundraising@scottishautism.org](mailto:fundraising@scottishautism.org)  
or call 01259 720044

### Professional Open Sessions

Open mornings at New Struan School offer an opportunity for professionals to visit the school and learn more about our approach to supporting young autistic people to learn and develop.

20 May 2019, 10am – 12pm

4 October 2019, 1.30pm – 3.30pm

3 April 2020, 1.30pm – 3.30pm

19 June 2020, 1.30pm – 3.30pm

To book your place at a Network Day or Open Session, visit: [www.scottishautism.org/events](http://www.scottishautism.org/events)