

# Lothian

What's going on • Spring/Summer 2019

# Scottish autism

## Parkside's Christmas Festivities

During December, staff and supported individuals at our Parkside service got into the Christmas spirit with a visit to the Christmas lights on George Street in Edinburgh. Yvonne said her highlight of the trip was her delicious hot drink!



Some of our supported individuals at Parkside also enjoyed their end of year disco held in the Mayfield Community Club. Yvonne and Fiona were very excited to wear their Christmas jumpers.

We also went out for a lovely Christmas meal, and Martine and Fiona baked gingerbread houses.



## Our New Residents at Parkside

Our residents at Parkside are delighted to welcome a school of new pets – our fish! The tanks and fish were chosen by Amy and they now live in the lounge where they are a welcome addition to our space. The tank was funded by The Rotary Club of Banchory. Their fundraising efforts also helped to upgrade the garden areas for the residents.



# An ARC Update from Rochelle

One of our supported individuals in Musselburgh, Rochelle enjoyed participating in some festive fun over the winter, as well as a visit from some ponies at our Autism Resource Centre. Below she has reflected on some of her highlights:

'I enjoyed the Christmas party so much, and I did lots of dancing. My mum came to the Christmas party and she had fun. We listened to lots of Christmas songs like Jingle Bells and Rudolph the Red Nosed Reindeer. I was doing lots of dancing with Liam, Kevin and Ben beside the new disco ball we got at the centre which was really fun. I like the new disco ball a lot. There were lots of people at the party including Nigel, Alexander and Ana Sofia. There were lots of goodies to eat including chocolate and crisps. I did some drawing at the Christmas party with my mum because I brought my own pens in and I drew a cat. I enjoyed the party so much until it finished at the end of the day.'

## Kevin Tries Something New

On Tuesday afternoon I tried a new activity called Racquetball. I walked to the local sports centre with my Support Worker, Jill.

Once there I asked the lady at the desk how much a game would cost and was there a court available. The lady told me how much and that I could have a court for thirty minutes if I wanted. I said yes and, with help, counted out the money and paid. We were given the bats and ball and headed to the courts.

We went into Court One and had a practice close to the wall to get used to the bat and ball. After five minutes I felt happy to move further back. The more I played, the better I got and said to Jill I thought that I was going to enjoy Racquetball. We played for the whole thirty minutes without stopping and managed to hit the ball back and forth to each other thirteen times without dropping it (next time I want to aim for fourteen).

I am happy I tried a new activity as it was good fun and I would like to go again.

*Written by Kevin Ramsay.*

'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 around the centre and back. I was brushing the ponies' hair and it 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'.



## A Visit to Blair Drummond

One of our supported individuals in Lothian, Breeze, recently visited Blair Drummond Safari Park just outside of Stirling. During the day she had the opportunity to see a variety of the animals that they have there. Talking about her visit, Breeze said, "I liked seeing the different animals and getting to know what they are. I enjoyed my day there." As you can see, she really enjoyed meeting the penguins!



For more information about our services in Lothian, please contact 0845 300 9274 or email [lothian@scottishautism.org](mailto:lothian@scottishautism.org)

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