

Scottish Autism News

Where Autistic People are Valued

Scottish
autism
WHERE AUTISTIC PEOPLE
ARE VALUED

Earlier this year Scottish Autism unveiled a brand new vision 'A world where autistic people are understood and enabled to lead meaningful and fulfilling lives as valued members of the community' and mission 'To enable autistic people to lead happy, healthy and fulfilling lives' and added a strapline to our logo 'where autistic people are valued'.

These are all designed to reflect how important it is that Scottish Autism's supported individuals feel valued. To coincide with this, we launched our campaign #ValuedandAutistic. The aim of this campaign is to help raise awareness of our work in supporting autistic people and their families, and help spread greater awareness and understanding of autism across Scotland.

Iceberg Productions, a talented group of young autistic filmmakers who are supported in Scottish Autism's services, were enlisted to help produce a series of short films, showcasing the range of services and support provided by Scottish Autism.

The #ValuedandAutistic campaign also features contributions from autistic people who are supported by Scottish Autism. The films demonstrate that all autistic people have something valuable to teach us, and that Scottish Autism continually strives to recognise, validate and act upon an individual's 'voice' and 'choice' to enable skills, talents and aspirations to be realised.

Scottish Autism's Deputy Chief Executive Charlene Tait said: "As a charity committed to enabling autistic people to lead happy, healthy and fulfilling lives, we are delighted to have worked alongside the inspiring team at Iceberg Productions, to create a series of short films demonstrating the services and support provided by Scottish Autism.

"Feeling valued is fundamental to everyone's wellbeing and self-esteem, and this is the key theme of this year's campaign. Autistic people are at the heart of everything we do, with the recognition that each of the individuals we support has something valuable to teach us.

"Feeling valued requires that someone demonstrates that they have seen worth in you, and your contribution. In order for the people we support to feel valued, we not only listen to their wants, needs and aspirations, but with enabling support, help them to achieve what is meaningful to them."

When asked about being involved in the campaign, Emma from Iceberg Productions said: "It's been fun. My favourite bit was seeing the edited versions of the films.

"I just think it's more realistic than being put on a conveyor belt and put to one side. It shows people with autism can do things like making films.

"I'm a lot happier {since taking part in Iceberg} and I've always said I'd give something back to Scottish Autism."

For further details of Scottish Autism's #ValuedandAutistic campaign visit: www.scottishautism.org/valuedandautistic. If you would like to share your own #ValuedandAutistic story, please contact the marketing team at marketing@scottishautism.org



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Scottish Autism News is produced twice a year. If you would like to unsubscribe, please contact us on 01259 720044 or email marketing@scottishautism.org

Recognised for Excellence

SWAN Partnership



This year Scottish Autism received a 5 Star Recognised for Excellence (R4E) Award, the Good Practice Award for adding value for customers and the Overall Business Excellence Award, at the Quality Scotland Awards in June.

The prestigious 5 Star Recognised for Excellence (R4E) Award was awarded in recognition of Scottish Autism's commitment to achieving organisational excellence and our dedication towards continuous improvements.

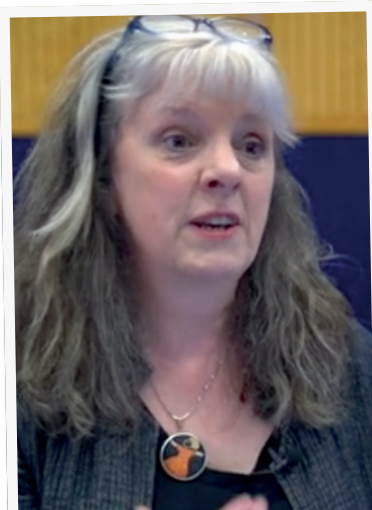
The well-established R4E award is designed to create a culture of excellence for organisations, like Scottish Autism, which are fully committed to obtaining the highest standards in their commitment to continuous improvement.

We would like to send our thanks to our dedicated team of staff here at Scottish Autism. We will continue to strive for excellence as an employer and through the delivery of high quality support and services for autistic people and their families.



EFQM®

Recognised for Excellence
5 Star - 2019



Dr Catriona Stewart founder of SWAN.



Scottish Autism support the work of SWAN: Scottish Women's Autism Network and this partnership has resulted in us appointing its founder Dr Catriona Stewart on a three year secondment.

This follows the initial collaboration of Scottish Autism and SWAN in 2015 when the 'Women and Girls Right Click' online support programme was developed.

The main focus of the group is to provide peer support for autistic women and girls. The programme is designed to help individuals build a sense of identity, improve confidence, capacity and citizenship. The new partnership will provide a platform as well as added resources to broaden SWAN's reach and support more autistic women and girls across Scotland.

Charlene Tait, Deputy Chief Executive, Scottish Autism, said: "As a charity committed to enabling autistic people to lead happy, healthy and fulfilling lives, we share a close alignment with SWAN and its work to enhance the lives of autistic women and girls. We have already established a highly valued relationship with Catriona from her immense contribution in helping develop the Women and Girls Right Click programme, and in her current role as Autism Advisor with Scottish Autism, we look forward to building on that partnership."

New Struan School's Lendrick Muir Trip

This summer, pupils from New Struan School went on a four day residential trip to Lendrick Muir. There were lots of activities for the group to enjoy such as raft building, gorge walking, canoeing and biking. Everyone had a fantastic time trying so many new activities. Both staff from the school and Lendrick Muir noted how much the confidence of pupils grew over the course of the trip as well as how much they got out of the experience.

A big thank you to everyone who attended the Family Fun Day, raising over £1,600 for the annual school trip. Another thank you to the Lendrick Muir staff for helping facilitate the trip, making it an enjoyable time for everyone!



Raft building is a success.



A Touching Transformation

Ross recently had his back garden completely renovated through the generosity of the Thistles Shopping Centre in Stirling and it looks beautiful.

Ross' support workers at Scottish Autism originally requested that a raffle was carried out to raise funds for the garden. However, the Thistles team generously volunteered their time and money to transform the garden into something special for Ross.

The shopping centre provided £2,500 which allowed a team to spend their entire day working on the project. Now the garden space is a lot more fun and enjoyable for Ross, which includes an adult swing, a new seating area with lighting, a vegetable and flower patch and an outdoor bean bag.

Ross is very happy with his new garden and is now looking to get a sensory room installed in his home with the money that is left over from the kind donation.



Coffee Morning Fundraiser



Tayside has arranged two coffee mornings through their local service user forum and both have been a great success. The supported individuals and staff baked cakes for the event which was attended by the individuals we support in our Tayside services, their support staff, parents and carers.

The first coffee morning was a chance for all supported individuals to meet our new CEO, Dorry McLaughlin, as well as our Director of Autism Services, Jackie Latto. Everyone who attended said how much they enjoyed the event and having the opportunity to meet Dorry and Jackie.

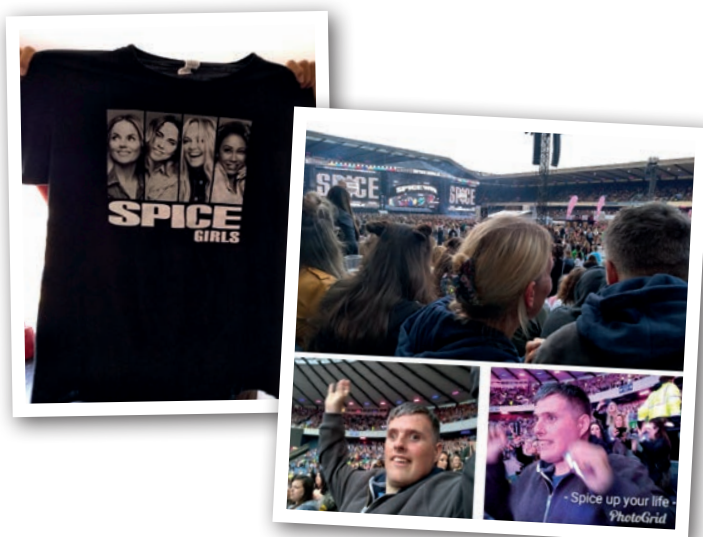
The second was a charity coffee morning to fundraise for charities picked by supported individuals via a 'secret vote'. The chosen charities were The Cats Protection in Dundee and Redwings Donkey and Horse Sanctuary just outside Forfar. A total of £74.22 was raised and split between the charities.

Spice Up Your Life!

Tim, from our Fife services, went to Murrayfield on the 8th June to see The Spice Girls on their Spice World 2019 UK Tour and his experience was one to remember! The Spice Girls CD was blaring on the Saturday morning while Tim packed his overnight bag. When he got there he enjoyed a lovely meal at the bar and plenty of singing before the night had even began.

Once Tim arrived at the stadium he was quite taken aback by the sheer volume of people walking to Murrayfield, but was mesmerised by the crowd around him. There were lots of merchandise stalls. Tim spotted a Spice Girls t-shirt that he loved and bought it – what a keep-sake!

Tim danced the night away and sang every word.



Green Fingers at Ridgemark House

Over the years Jean Sharp, our very own Charlie Dimmock, has donated her own time to maintaining and bringing the area between the stable block and main house at Ridgemark back to life. The whole area is now a wave of vibrant colours, smells and exotic flowers. Everyone at Ridgemark greatly appreciates what Jean does.

After his retirement, Peter Dawson, our very own Alan Titchmarsh, turned the polytunnel into a vegetable haven. Supported individuals enjoy watering the plots and eating the end product, with the kitchen planning their recipes around what Peter has to offer. Thanks so much Peter!

A huge thanks also to our new handyman Gordon who comes in and waters the plants and vegetables during his time off.

Winter Raffle

Enter our raffle, sponsored by our charity partner Cornhill Castle, to be in with a chance of winning an overnight stay for two including dinner, bed and breakfast in one of the castle's beautiful executive rooms! There are other great prizes up for grabs so buy your raffle tickets for just £1 each by visiting our website:

www.scottishautism.org/raffle.

To purchase tickets by post, send an email to fundraising@scottishautism.org or call 01259 720044 and we will send them to you. Please give your full postal address and the number of books of tickets you would like to receive. Please note: maximum purchase per person for the raffle is 100 tickets (£100).

Return all raffle entries with payment by Friday, 3rd January 2020. The draw will take place on Wednesday, 8th January 2020 and winners will be notified within 14 days. Please visit our website for full terms and conditions.

What your Support Means



Over the past few years, we have been raising funds to offer art, drama and music therapy sessions to the people we support across our West of Scotland services. These highly beneficial sessions provide a safe and therapeutic environment for people to be able to express themselves and manage their feelings.

Thanks to the generosity of kind individuals like you, we have already raised over **£19,000** to support these activities in recent years.

Families, support staff and the supported individuals themselves, are seeing and experiencing the benefits of the sessions; individuals who have had difficulty concentrating on activities for more than 10 minutes are enjoying creating artworks for more than an hour at a time.

To be able to continue to offer these beneficial sessions on a permanent basis, we need to raise **£13,800** annually to cover the cost of the weekly drama and music classes, along with the fortnightly art sessions.

You can find out more about our current appeals and show your support by donating or take part in your own fundraising activity by visiting our website: www.scottishautism.org/current-appeals

Fundraising Highlights

Thank you to:

- All of our superstar supporters who have participated in our Walk for Autism events this year, helping to raise over **£24,000** so far.
- All of our Kiltwalk superstars that have collectively raised over **£14,250** so far.
- Sergeant Major Robert Hamilton for completing The Great Stirling Run in 40lbs of army kit, raising **£2,554**.
- West MACS for holding a charity ball and raising **£2,019**.
- John Martin who raised **£1,313** by hiking up Ben Nevis.
- Southdale Primary School in Armadale for organising a 'colour run' and raising nearly **£1,200**.
- Everyone who joined us at our Afternoon Tea pack launch at Makers Cafe in Alloa, raising **£220**. Get some tips on hosting your own afternoon tea fundraiser by getting your pack today at www.scottishautism.org/afternoon-tea-pack

Partnership Support

Our charity partner, Cornhill Castle, has been busy hosting afternoon teas on the first Tuesday of every month, to fundraise for us. Tickets cost £10 each so book a space for their next one now by calling Cornhill Castle on 01899 220001.

We are delighted to be SAS Software's charity partner and have already got off to an amazing start - a fundraising football tournament brought 400 people together from across 24 countries.

During our fantastic 16 month partnership with St. Enoch Centre, Glasgow, over **£10,600** was raised, which also saw the launch of our 'My Five' campaign. Numerous businesses, have been in touch looking to make their environments more accessible for autistic customers and their families. Find out more by visiting our website: www.scottishautism.org/myfive



We would also like to say a huge thank you for the continued support we receive from the following businesses:

- SG PRO Cleaning Ltd who sponsor our annual golf day. Thanks to everyone that attended, over **£5,900** was raised this year for New Struan School's Residential Service.
- Ceteris Ltd and Inglewood House & Spa, supported the Clacks Business Week Lunch which raised over **£1,900** towards support groups and workshops at Makers Cafe and Community Hub in Alloa.



To discuss how we can support your business and build an outstanding partnership, email us at fundraising@scottishautism.org, or call **01259 720044**.

Keep up to date with all the latest partnership news by following our social media pages.

Leave a Lasting Legacy

After you have met the needs of your loved ones, we hope that you will consider leaving a special gift in your will to Scottish Autism. This is a valuable way for you to leave a lasting legacy that helps us continue to provide services and support that enable autistic people to lead happy, healthy and fulfilling lives for generations to come.

Please get in touch with our team in the strictest confidence to discuss how to leave a gift in your will to Scottish Autism.



Get Involved

- **Men's 10K Edinburgh**
– 3 November

- **Supernova, The Kelpies**
– 8-10 November

- **Superhero Firewalk, Edinburgh**
– 24 November

- **Festive Afternoon Tea at Makers Cafe, Alloa**
– 24 November

- **Santa Skydive**
– Nov/Dec dates available

- **Superhero Firewalk, Glasgow**
– 8 December 2019

- **Loony Dook, South Queensferry**
– 1 January 2020

- **MacTuff, Dunfermline**
– 5 January 2020

- **Clacks Business Week Lunch**
– 6 March 2020



**Inspired to organise your own fundraising event and need our help?
Please contact fundraising@scottishautism.org or call 01259 720044**

IMPORTANT COMMUNICATIONS MESSAGE

Thank you for your continued support of Scottish Autism.

As a charity we are mindful of the costs and environmental impact associated with every aspect of our work. It is with this in mind we are asking if you would prefer to receive monthly emails from us instead of a printed copy of this newsletter in the post. We are aware that many of you will enjoy reading and receiving this bi-annual newsletter and we will continue to produce and mail this out to those who wish to receive it.

If you still wish to receive a printed newsletter by post then please let us know by emailing at marketing@scottishautism.org or call us on **01259 720044**.

If you would prefer to receive updates from Scottish Autism by email, please visit bit.ly/SANewsOptin where you can select which of our monthly communications you wish to receive.

Please note that this message will be included in the next edition of our newsletter after which time, if we have not received confirmation that you wish to continue receiving the newsletter, we will no longer post this out to you.

www.scottishautism.org

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