

Scottish Autism News

Spring into Summer with Our Big Adventure

Scottish
autism
WHERE AUTISTIC PEOPLE
ARE VALUED

Scottish Autism's brand new virtual event, Our Big Adventure, launches this April and we hope you will join us as we aim to develop a more accessible Scotland.

Throughout the event season (April-August), supporters of this event will be equipped with e-guides to discover accessible trail routes, activities aiming to support autistic people and they can enjoy discounts to more accessible entertainment venues.

With Our Big Adventure you choose what challenges you wish to take on, at a time that is convenient to you and your group. It's Our Big Adventure, your way!

Supporters will receive an e-fundraising pack to get started, along with a membership card, which can be used at various partner venues across Scotland to gain exclusive access and discounts.

Some of the exciting businesses that have partnered with us for Our Big Adventure include:

- Auchingarrich - a wildlife centre full of fun for all the family
- Camera Obscura and World of Illusions – a major tourist attraction in Edinburgh's Old Town with over 100 illusions to discover
- The Scottish Vintage Bus Museum – a museum based in the north of Dunfermline and houses a collection of over 100 vintage buses
- Firpark Ski Centre – a range of snow sports and tuition on a 120m dry ski slope in Clackmannanshire

Social isolation and loneliness can be faced by autistic people and their families. Anxiety about public misunderstanding or reaction can make it challenging to leave the house at all. By taking part in Our Big Adventure, participants can choose to join our private and closed social group on Facebook, where you can meet other people and families and perhaps take on challenges together.

We are able to do incredible things with the funds you raise for Scottish Autism and the individuals we support, so to celebrate your achievements throughout the event, you will be awarded our souvenir medals:

- Bronze Medal – for raising over £50 in sponsorship
- Silver Medal – for raising over £250 in sponsorship
- Gold Medal – for raising over £750 in sponsorship
- Rainbow Medal – for raising over £1,000 in sponsorship

We hope you will aim high and achieve our prestigious Rainbow medal, while helping us to sustain and grow our range of charitable services, to reach and support more autistic people and their loved ones across Scotland.

If you would like to join us for Our Big Adventure or would like more information, please visit www.scottishautism.org/our-big-adventure. You can also get in touch with us by emailing fundraising@scottishautism.org or by calling 01259 720044.

Thank you!



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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

Barclays Scotland Partnership



In January, Scottish Autism began a two-year partnership project with Barclays to develop an inclusive and accessible environment for autistic employees at its new site in the heart of Glasgow. We were invited by Barclays to support their aims of promoting diversity at the new Glasgow campus. This investment will create up to 2,500 new jobs for Barclays.

Joanna Panese, Practice Development Manager, will be working closely with the Autism Focus Group at Barclays to ensure that the voice of autistic employees is heard throughout the project so they are able to inform the development of an inclusive and accessible working environment.

Scott Stewart, Head of Barclays Scotland said, "We are delighted to be working with Scottish Autism at this exciting time for Barclays. At Barclays, our ambition is to become one of the most accessible and inclusive companies in the world, not only because it makes good commercial sense, but because it's the right thing to do."

We have recently launched our new training and consultancy services to reflect that many organisations and businesses are now committed to building their knowledge and understanding of autism, so they can create a welcoming, accessible, and inclusive culture for autistic employees. For more information on our training and consultancy services please e-mail training@scottishautism.org or visit our website.

OBE Award for Dr Catriona Stewart



We are delighted that Dr Catriona Stewart, Founder of SWAN: Scottish Women's Autism Network, was awarded an OBE in the New Year Honours List, for her work in advocating the rights and needs of autistic women.

Catriona, who is currently on secondment from her role as Autism Advisor with Scottish Autism and now working with SWAN, provided an immense contribution in helping to develop our Women and Girls Right Click programme.

Reflecting on this recognition, she said, "As a proud campaigner for the rights and needs of autistic women and girls, I'm delighted to accept this honour on behalf of everyone who has supported my work over many years."



ASDAN success In Fife

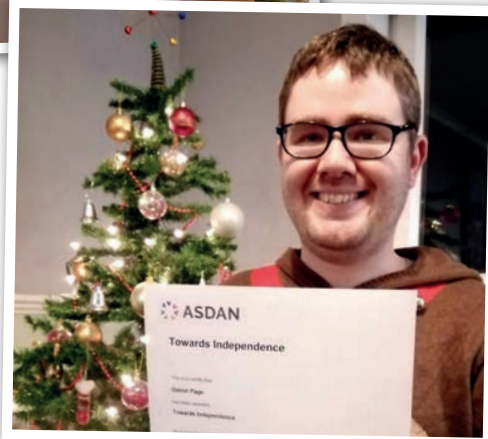
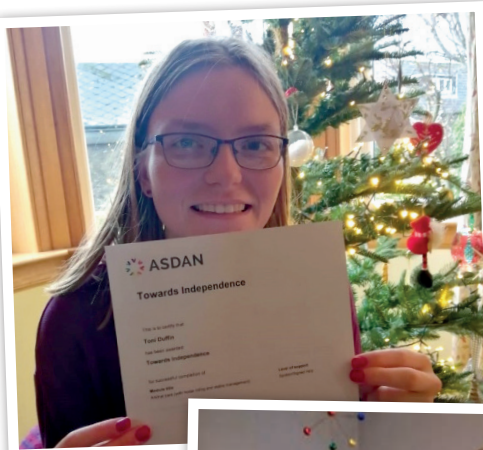
Daniel, from supported living, and Toni, who is supported at our outreach service, have both worked really hard on their separate ASDAN modules. ASDAN have a range of programmes and qualifications that young people can undertake to develop their knowledge and skills for learning, work and life.

Daniel chose to study the module, Introduction to Numeracy, as he felt he didn't achieve what he wanted to in this area at school, whereas Toni decided to use her existing knowledge and love for animals to complete an Animal Care module.

The lovely thing about ASDAN is the accessibility and inclusiveness it has for all adults regardless of their support needs, learning styles and communication.

Both Toni and Daniel have shown enthusiasm and motivation in completing their modules. Toni's mother, Lorna, commented that it's been lovely to see Toni engage in a learning activity in this way, as this is something she has not shown in the past.

Daniel was thrilled to receive his certificate recently explaining that all his hard work has paid off and Toni was able to show her certificate to family and friends over the festive period. Toni and Daniel are looking forward to completing their next modules this year - well done to you both!



Giving Something Back

At the end of 2018, Blue Central made the decision to make 2019 a year of giving. They decided that each month they would undertake a project that benefited either the community or the environment.

Over the year, Blue Central set up a bird feeding station and a bug hotel at the unit. They also built butterfly and bird boxes for the local community garden project. Some of the staff took part in volunteer dog walking and litter picking, and an amazing £213 was raised for the MacMillan Coffee Morning. Blue Central staff and supported individuals also took part in the local Festival of Fun and collected Easter eggs and Christmas hampers for local charities.

In addition to our charitable activities, it was a busy year with Blue Central's usual Valentine's Day and Burns Day celebrations, summer BBQ, camping as well as Halloween and Christmas parties. The year ended with a special trip to see The Lion King at the Edinburgh Playhouse.

Another great year for everyone at Blue Central – here's to 2020!



Welcome to Jack

We would like to extend a very warm welcome to our newest supported individual at New Ridgepark, Jack, who moved into the service on Monday 30th December. Jack is 19, and loves YouTube videos, The Avengers, completing jigsaws and watching DVDs. Jack is settling well into his new environment and we look forward to getting to know him better. Good luck, we hope you enjoy your new home Jack!



Goodbye Graham

Graham moved into his new long term home at Clannalba in early January. Graham had previously lived at New Ridgepark for 12 years, and all staff are delighted that Graham has found a long term home.

Graham, we will all miss you very much, and from all at New Ridgepark, we send you good wishes and good luck in your new home.

Thanks for all the memories!

The Lion King

In December, supported individuals and staff at Parkside went to see The Lion King at the Edinburgh Playhouse. Everyone wore their cosy Christmas jumpers and headed up to Edinburgh. Before arriving at the theatre, we went for a lovely lunch ahead of the show starting. The Lion King was incredible and everyone really enjoyed themselves, as well as some ice-cream at the interval!

Kevin's favourite part was seeing all the animals, especially the giraffes.

Martine really enjoyed her day, it was great and she loved listening to all the music throughout the show.



What your Support Means

This year, we have been raising funds to support our vocational service and garden centre in Clackmannanshire, Gartinnny Nurseries. This service offers horticultural therapy to autistic adults by providing individuals with invaluable opportunities to have meaningful social interactions and learn coping strategies through the therapeutic and relaxing nature of gardening.

Many supported individuals attend Gartinnny Nurseries all year round as part of their weekly support and require an area for working within all weathers. The grounds of the garden centre host polytunnels which provide warm and sheltered work areas for the care and production of plants during the summer months, doubling up as an area for woodwork and craft activities in the winter.

Thanks to the generosity of kind supporters like you, over £7,214 was raised to cover the cost of reskinning the polytunnels so that a sheltered environment can be provided all year round.

You can find out more about all our current appeals by visiting our website: www.scottishautism.org/current-appeals.



Autism Awareness Month

We would love your support to help us increase understanding and raise awareness of autism throughout April. You can support us by signing up to join Our Big Adventure, host your own afternoon tea fundraiser using our free pack or tick an exciting challenge off your bucket-list by taking part in the Scottish Autism skydive!

If you'd like inspiration or more information about how you can show your support this April, please check out our website at www.scottishautism.org/support-us or get in touch with our fundraising team. Keep up to date with all the latest news throughout Autism Awareness Month by following us on Facebook, Twitter and Instagram @ScottishAutism and LinkedIn at www.linkedin.com/company/scottish-autism.

Partnership Support

Our partnership with Cornhill Castle in Biggar is continuing into 2020 and we are incredibly appreciative of the support the team have provided throughout the last year. Cornhill Castle staff have already raised over £2,500 by participating in various get active events including our Walk for Autism Fife and by holding a Christmas Fayre in aid of Scottish Autism. They also kindly supported our Winter Raffle by donating some fantastic prizes for the delighted winners!



We were delighted to work with the Edinburgh Playhouse, who held a relaxed performance of Disney's The Lion King, providing an opportunity for autistic people, individuals with learning disabilities or other sensory and communication needs to enjoy the performance in a more accessible and relaxed environment. The Edinburgh Playhouse team kindly held a bucket collection to fundraise for Scottish Autism, during a week of busy performances, and raised £6,645.



We are thrilled to be working with Silverburn Shopping Centre in Glasgow to make a more accessible shopping centre for all. We have recently launched a 'Sensory Map' of the centre which is a visual aid aimed at supporting autistic individuals and their families during their shopping experience.

Free Will Writing service

Making a Will is one of the most important things that you can do to ensure that your loved ones are taken care of when you are no longer here. With this in mind we have partnered with McClure Solicitors to offer our supporters a free Will writing service.

When writing your Will, we would be very grateful if you would consider making a donation to Scottish Autism. Every donation helps us to plan for the future and makes a difference to the lives of autistic families and individuals that we support. To find out more, visit www.scottishautism.org/free-will-service.

Fundraising Highlights

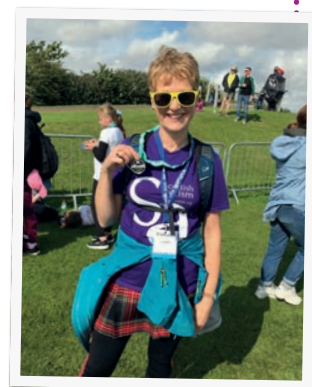
Thank you to:

- Andy Moloney for hosting a Spiceboys show at Malones Irish Bar, Edinburgh and taking on a gruelling five day cycle from Edinburgh to Shannon, Ireland, raising over **£6,000** so far
- Stephen Manson for organising two fundraising football matches raising over **£3,000**
- All of our fantastic superheroes who collectively raised nearly **£1,600** when they braved walking over hot coals in our Superhero Firewalk
- Sharon Forsyth who held a Zumbathon event in Inchinnan, raising a wonderful total of **£1,456**
- Benny McSwegan who was our top Facebook fundraiser who raised **£938** when his friends and family donated for his birthday
- Pupils from Fallin Primary School, Stirlingshire and their teacher for walking for autism by organising their own Wallace Wanders event, raising over **£410**



Get Involved

- Autism Awareness Skydive, Auchterarder
– April 2020 (Choose your date)
- Scottish Autism Golf Day, St Andrews
– 24 April
- Kiltwalk, Glasgow
– 26 April
- Edinburgh Marathon Festival, Edinburgh
– 23-24 May
- Walk for Autism, Lothian
– 31 May
- Walk for Autism, Glasgow
– 7 June
- SAS Style Abseil, Forth Rail Bridge
– 14 June
- Bridge to Bridge Hike
– 20 June
- Bungee for Autism, Glasgow
– 20-21 June
- Walk for Autism, Fife
– 21 June
- Kiltwalk, Dundee
– 16 August
- Men's 10K, Glasgow
– 30 August
- Kiltwalk, Edinburgh
– 13 September



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

Upcoming Events

Open Mornings – New Struan School

Dates: 5 June, 26 August, 8 October 2020
7 January, 8 April, 9 June 2021

Family Fun Day – New Struan School
– 30 May

The Scottish Autism Conference

Behind the Mask: Autistic Experience and Professional Practice.
– 29 October

Education Practice Development Programme

Dates: 23 April, 11 June, 3 September
4 November 2020, 3 February 2021

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 not be included in the next edition of our newsletter. If we have not received confirmation that you wish to continue receiving the newsletter by 30th July, we will no longer post this to you.

www.scottishautism.org

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