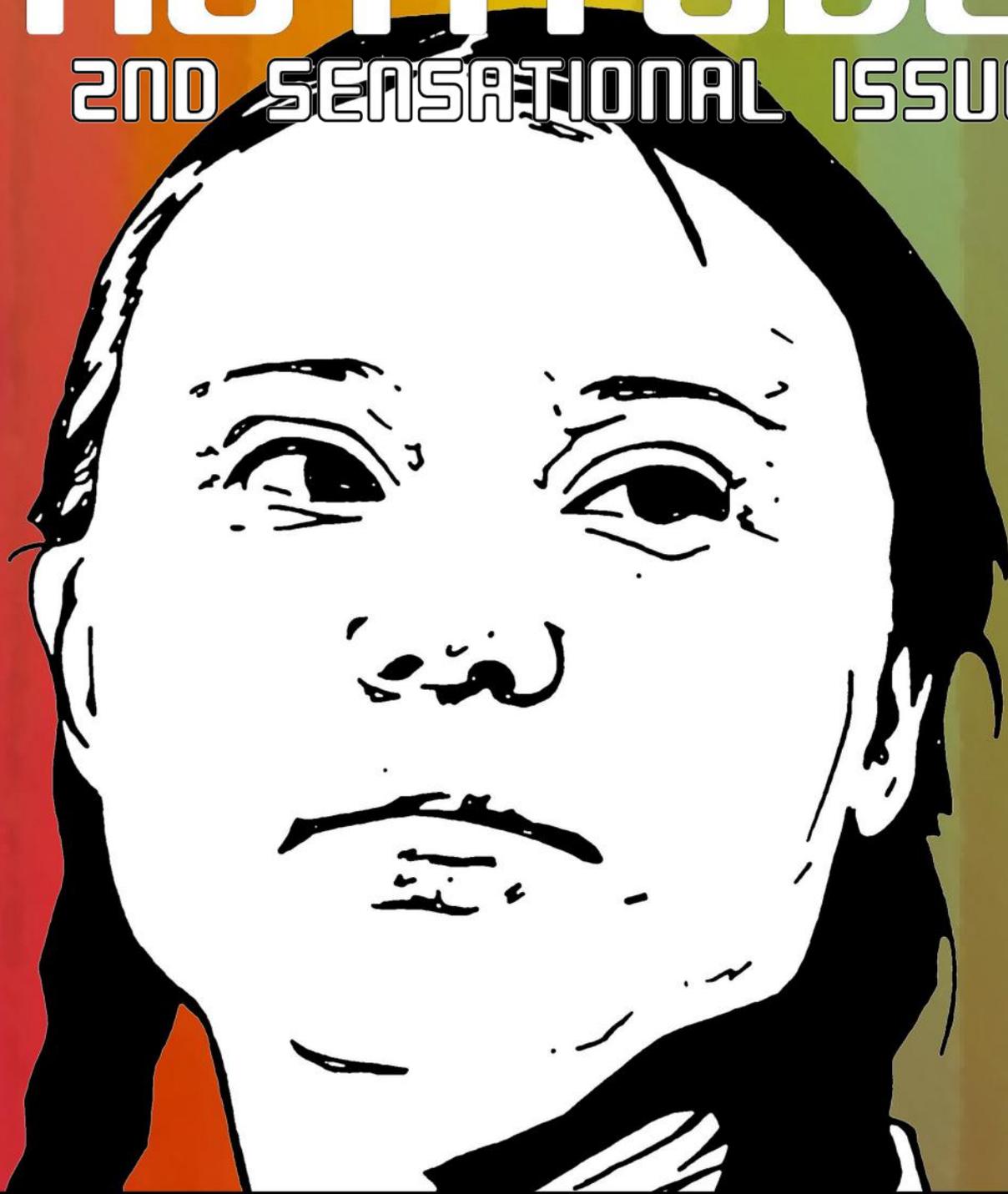


BEATING THE LOCKDOWN BLUES WITH COPIOUS
AMOUNTS OF EXCITABLE CHAT!

AUTITUDE!

2ND SENSATIONAL ISSUE!



INFO AND ADVICE!
MOVIES! ART!
AND MUCH MUCH MORE!

WELCOME!

Welcome to the second edition of Autitude!

Autitude is a magazine for the autistic community featuring an eclectic mix of articles, reviews, blogs, cartoons, photos and lots more. Illustrated and curated by the talented Ash Loydon, Autitude is shaped by what matters most to you. Not only this, we will be showcasing the latest events and groups that you can take part in from the comfort of your own home.

Thanks to funding from the Scottish Government, Scottish Autism recently launched Winter Connections. The aim of Winter Connections is to reduce feelings of isolation and loneliness, which, let's face it, in light of the lockdown, many of us are experiencing right now.

You can find out more about the various groups and events that are running in this issue.

Thank you so much to everyone who has contributed to this edition, if you have something you would like to share please get in touch with us at autitude@scottishautism.org.

To make sure you are updated when the latest edition is released sign up here – thank you!

**Scottish
autism**

**WHERE AUTISTIC PEOPLE
ARE VALUED**

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WHAT'S HAPPENING?

Space in your diary? Not for much longer!
Check out these groups and events.

WINTER CONNECTIONS EVENTS

Mindful Autism Support Group
Thursdays until 1st April at 1.30 pm until 2.30 pm



Join our Mindful Autism Support Group delivered by Jonny Drury, an experienced group facilitator, meditator and coach-mentor. He encourages mindfulness meditation as part of a whole system of self-care and personal and professional development.

The group is for autistic individuals and their families, aged 18+. Each session will take place via Zoom and they are free to join. The groups are limited to a maximum of 20 people, so don't miss out!

Find out more at www.scottishautism.org/events



Online Art Group

Do you want to explore your creative side?

Then join our Art Group for autistic people and their families, Wednesdays until 31st March, from 5pm – 6.30pm, which aims to bring people together for creative expression in an informal and safe environment. It offers the chance for a mindful break from the day's worries and can help to reduce stress.



The sessions will run via Zoom so you will need a computer or device with good Wi-Fi. Cameras and microphones are preferred but not compulsory and please feel free to join in as many sessions as you like.

Find out more at www.scottishautism.org/events

Virtual Choir

Thursdays until 25th March, from 5pm – 6pm

Join this virtual choir and learn what it is like to sing together as a group, in a fun no pressure environment. People listen to music for many different reasons, and it can help you connect to your emotions as well as other people. Music is the one universal thing that connects us all around the world.

The sessions are suitable for all ranges and abilities so don't worry if this is your first time singing in a group setting.

The group use Zoom so we can all sing together from the comfort of our own homes. Feel free to join in even if it's just to chat and listen to others singing. We will learn a range of songs over the sessions. The songs will be chosen by you and you will be able to submit your favourite song or a song that means something to you when you register for the event.



Numbers will be limited to a maximum of 20 people so sign up quick!

Find out more at www.scottishautism.org/events

Online Gaming Group

Are you an avid gamer? Would you like to connect with other gamers? Then join our Facebook Online Gaming Group and you'll be met by Klepto Un1corn, a video game streamer based on Facebook, who will invite you to the party!



The group will take place fortnightly on Mondays until 29th March from 5pm – 9pm. and is suitable for autistic people aged 18+. We also welcome individuals aged 16+ with parental consent.

Each week, the group members will vote for what game is played via a poll. Group members can join the game via the Facebook group if they have the game installed or can simply join for conversation and a chat.

To access the group first join the closed Facebook Group here.

Find out more at www.scottishautism.org/events_

**Online Dance Movement Class
Sundays until 4th April from 11am – 11.30am**



Do you have a passion for dance or enjoy moving to the beat? Come along to our Online Dance Movement Class.

An inclusive dance movement class which aims to build confidence, strengthen co-ordination and allow individuals to connect with each other through movement in a safe and nurturing environment.

Suitable for autistic children age 7-12 years in Scotland.

Parents or a sibling are welcome to join for support/encouragement!

Find out more at www.scottishautism.org/events

Online Bake-a-long



Did you miss the bake-a-long? Fear not as you can watch the video demonstration back here and learn how to make a restaurant quality Passion Fruit Tart at home.

REASONABLE ADJUSTMENT

(CRAZY ABOUT THE JOB!)

A SERIES BY LEA B.



1. Hired

October 2018. So, I am officially an adviser now.

Huh!

Clutching my thirteen months of autism diagnosis to the chest half-proudly, covering up memories of the latest workplace bullying I survived with near perfect reference letters, I am super-optimistic while being showed to my seat – practically the worst location in the room for staff on the autism spectrum.

On the edge of a row of desks, next to the walkway that leads to the adjacent department with its door open (at least for the past five years, measuring from the dust), with my chair's back towards the entrance, I am all set up for a disaster – and to changing the world! I'm in my mid-thirties, a typical case of the late diagnosis autistic female: 1. proficient to mask most of her real feelings and reactions in almost all situations, 2. unexplainably engaged to the wrong person and thinking it's wonderful, 3. could jump and clap continuously because she's gonna work for the most accommodating direct supervisor she ever met! (Once...) 4. A natural talent in making head-over-heart decisions. Well, this will all change in a year.



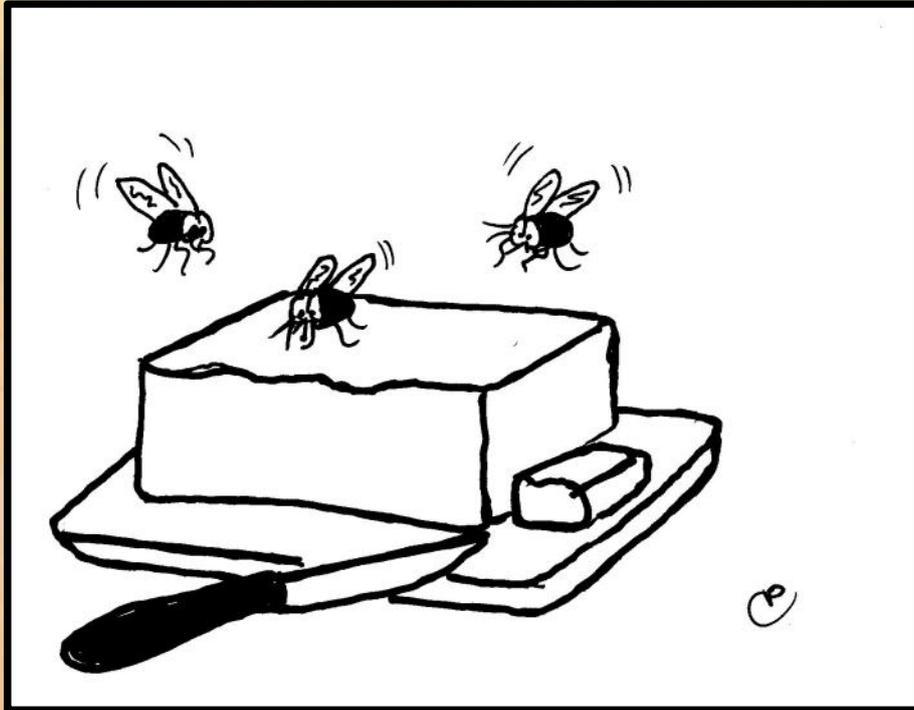
But right now, I do not have an awareness yet, of all the hours I am going to spend in the workplace toilets to avoid meltdowns because of the constant noise around me –human and non-human–, the never-ending collation of ‘How to communicate with me’ documents for the management (versions 1–6 plus addendums and reminders), the gradual build-up of partitions around my work station (including a janitor hand-sawing on a piece of wood glued to my desk), and hyper focusing on one-sided office romance the ASD style. What is known at the moment is the fact that *somehow* I got hired. I am not sure how it happened exactly. I remember that I completely entwined my legs and arms under the table to display a mature enough posture without too much stimming. I also found a clock on the wall that was sort of in between the two interview panel members’ heads so I could use that to look at instead of their eyes, and appear seriously tuned in to them. I feel too new, with a role way too big for me to process for now. It is 9:15 Am on a Monday, and so I better take a walk in the corridor for a break – I heard the coffee machine making that ‘click’ sound three times already!...

If you'd like to contact Lea about her article you can do so at leapublish@gmail.com

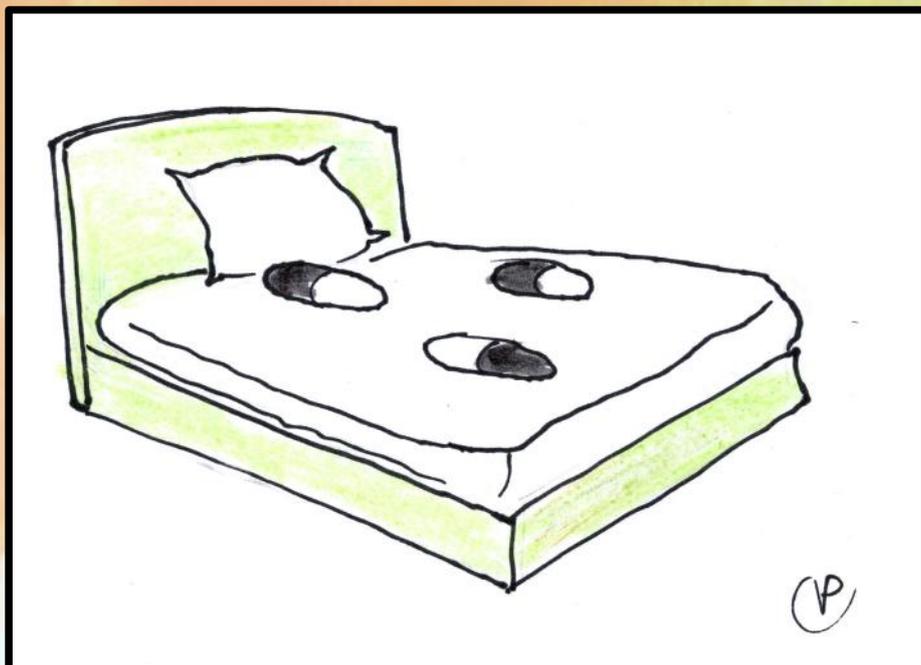


Peter Vermeulen's

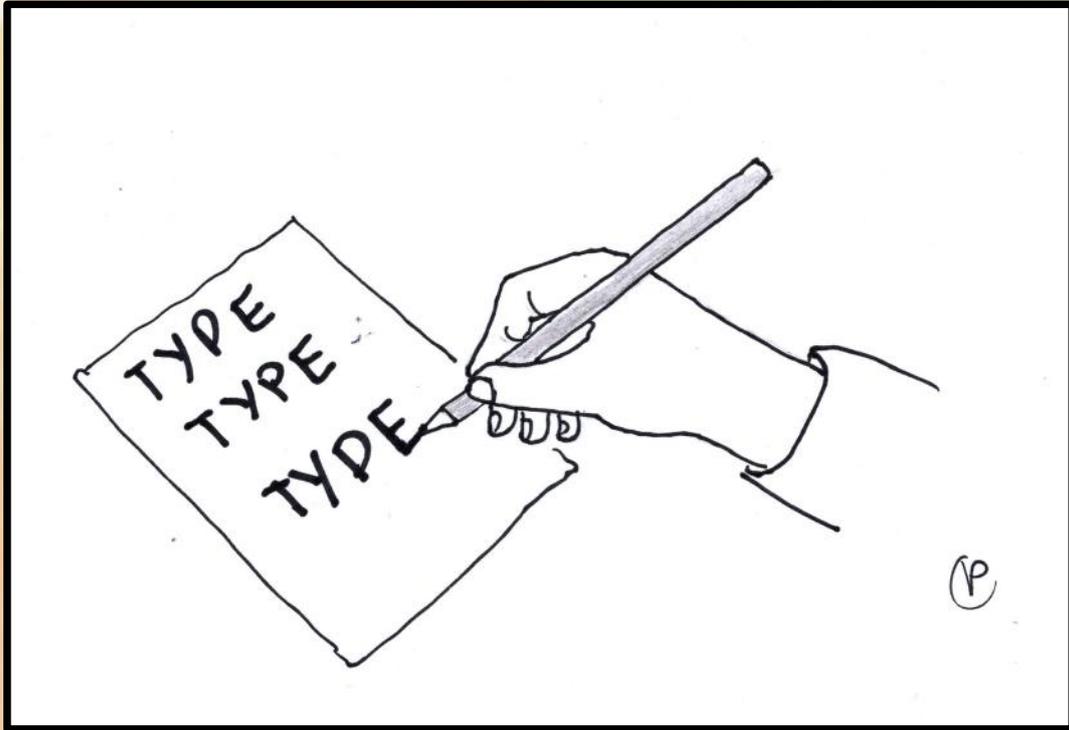
TAKING THINGS LITERALLY



Butterflies.



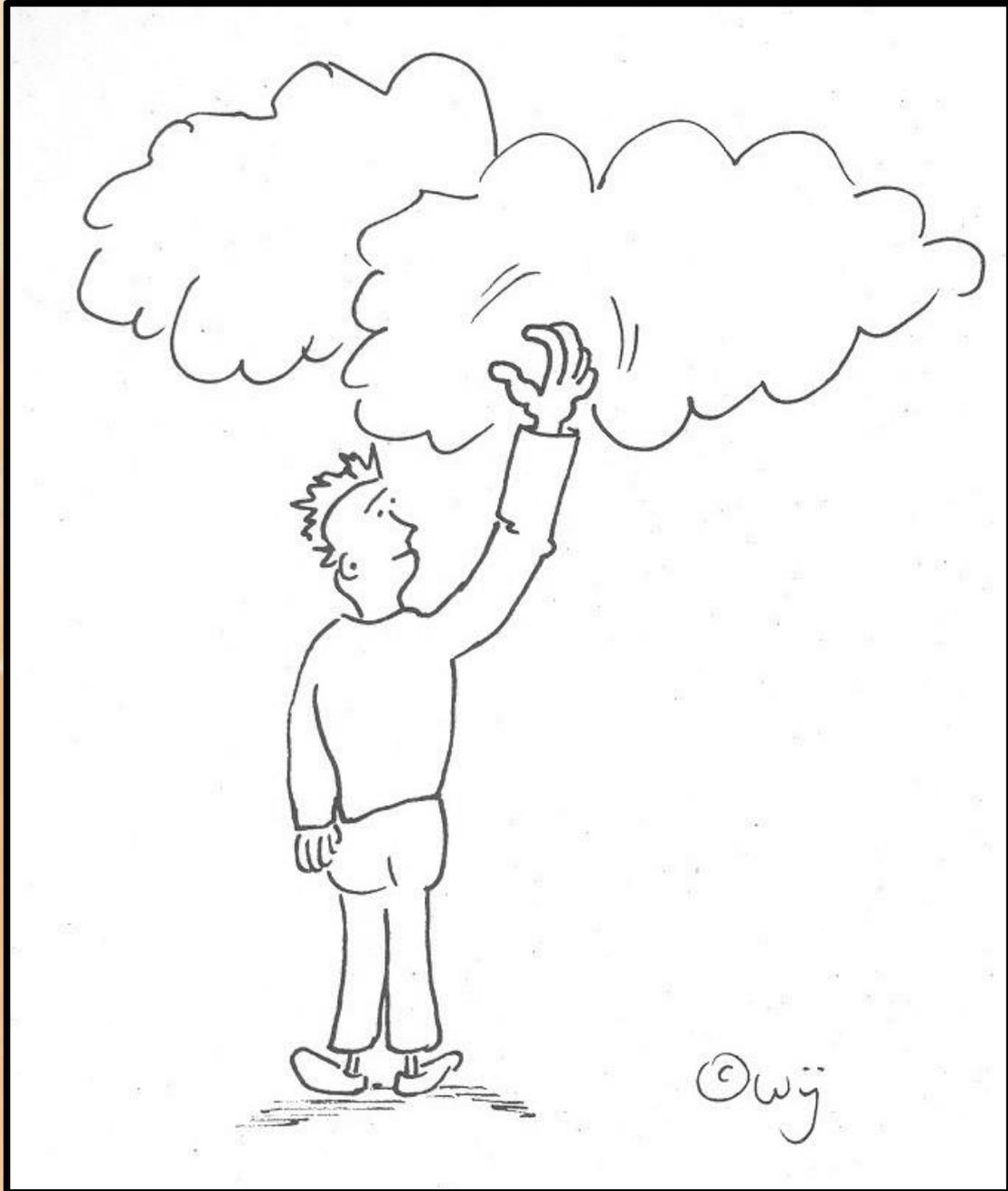
Sleeping pills.



Typewriter.



Township.



Skyscraper.

Poems by C.D

Overwhelmed

The rhythm, the movement.
Clinging on to the edge of "okay".

Words repeating in my mind.
Slipping,
further now.

Swirls and flickers catch me,
build and pull,
and drag away.

Bare feet,
deep breath,
focus on now.

But the burrow pulls and pulls.

And I'm falling.
Where the fragments of the sun explode,
I find a serenity.
Far from the world but soaking in its light.

Sensations

Drip, drip, drip.
Thunder, rain pouring,
pounding the red, dry ground.

Scratch, scratch, scratch.
Searing, corrosive chemicals burning,
debriding my skin.

Breath, breath, breath.
Catching, gagging.
Rancid, vomit-inducing, invading my lungs.

Flicker, flicker, flicker.
Eyes closed, the light turns red.
Still flashes
out of time with my heart, my pulse.
Incongruent. Infuriating.

And now a sample of Peter Adams Photography.

And what better way to introduce it than by Peter himself?

“Hello my name is Peter and I’ve always had an interest in photography since 2001 when I bought my first camera point and shoot. Then in 2005 I bought my first SLR because of my passion for aviation and planes. In 2008 I sat my NC then HNC in Photography at Clydebank College. My camera goes everywhere with me as I’m always looking for images for my photography passion.

I purchased my first drone in 2016 then at the end of 2017, I went for the DJI Brand.

Now I enjoy researching new places for photos. Here is what 2021 has brought so far...”



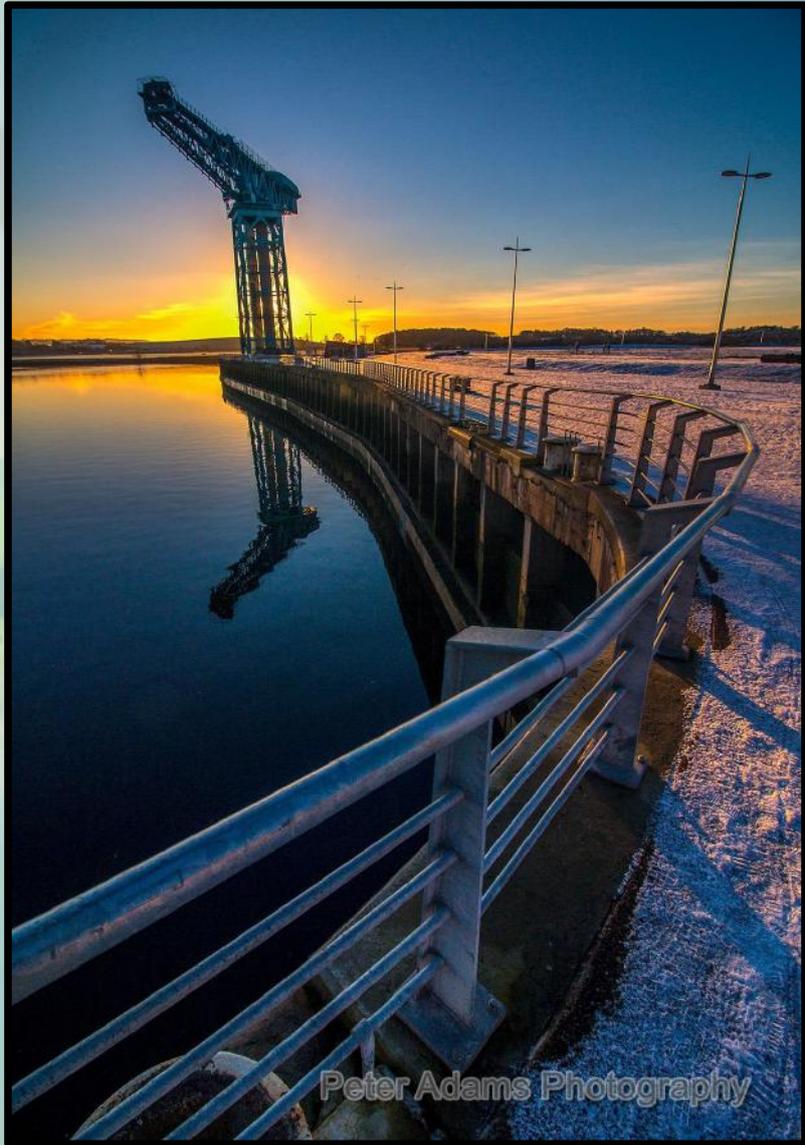
Peter Adams Photography



Peter Adams Photography



Peter Adams Photography



Peter Adams Photography



Peter Adams Photography

Grab your popcorn and get comfortable now as Andrew Moodie takes a look at a most bodacious comeback as...

BILL & TED FACE THE MUSIC

There's a lot of evidence that when a franchise brings out another entry many years after the previous one, it will fail. However, that does not seem to be the case with Bill and Ted Face the Music. Dean Parisot is behind the camera this time and the film (of course) follows Ted (Keanu Reeves) and Bill (Alex Winter), who are now middle aged, married and have daughters (Samara Weaving and Brigette Lundy Pierce – who are nothing more than female counterparts of Bill and Ted's younger selves). They are still to write the song that will save humanity, but time is running out for them when a woman from the future (Kristen Schaal) brings news that the world is in danger, so it's up to Bill and Ted to save it. Their plan is to go into the future and steal the song from themselves, what could possibly go wrong?

Reeves and Winter play their roles as if no significant time has passed. They are obsessed with their destiny as musicians and their chemistry together is one of the main things that keep the film enjoyable. They still act the way they did in the previous films, and despite playing very dumb characters, they never get annoying. It's also refreshing to see Reeves in a comedy, since most of his recent work has been nothing but action films and dramas. Weaver and Pierce are fine, it's obvious they know what is being asked of them and they do a good enough job. A lot of the supporting cast are funny, but not in any memorable way. William Sadler is back as Death, and I know he got a lot of praise for his part in the previous film Bogus Journey, so I would have liked a little more of him. There's also a cameo in the film by rapper Kid Cudi, and another by musician Dave Grohl, famous for being in the bands Nirvana and Foo Fighters.

Of course, this is the first Bill and Ted film not to feature George Carlin as Rufus, but at least they have archive footage of him.

Chris Matheson and Ed Solomon penned the script, and it certainly keeps a lot of the franchise essentials. Bill and Ted are the same people, the tone is consistently fun and doesn't try to be serious. There is one sub-plot to the film that does get side-tracked the more it goes on, which is Bill and Ted's marital problems, but the film is more interested in getting them traveling through time and seeing one crazy world after the other as they try to get the song. Meanwhile the daughters are also time travelling, trying to assemble a band of the world's greatest musicians to help to play this song. There is also a terminator-like robot, but if he weren't in it at all, I doubt the film would be much different. The run time is under 100 minutes and it's all fast-paced, it barely slows down and it's always on the move, which is always appreciated.



The film also has quite a notable colour palette, the future is covered in white and shines, while any bad futures are grey, but not depressing (thanks to a prison scene that is in all the trailers). Even hell manages to have a distinctive look, despite the clichéd dark skies, volcanoes and fire.

The only music I noticed was in the opening scene that takes place at a wedding. Bill and Ted get up on stage and attempt to play and throat sing, and it's hilariously awful. I didn't know who to pity more – Mark Isham, because I barely noticed his score for the film, or the characters in attendance at the wedding.

I think I have two issues with this film, one being that once all the historical figures are together, not much is done with them. They fade into the background somewhat, even including Jimi Hendrix and Louis Armstrong. The film also ends rather abruptly when it feels as if there should be five or ten minutes left – ideally you might want a little more, but it just ends suddenly without any real sign of closure.

Let me put it like this, if you want an hour and a half of nothing but escapism with two unbelievably dumb lead characters, this should be to your liking. I know it's not the best time to go the cinema right now, but I think seeing it would show that the efforts of those involved in its production have not gone unrewarded.

B+ and if you missed it in cinemas you will be pleased to hear that Bill and Ted Face The Music is out on DVD and Blu-ray.

Thank you for reading.



And you can check out more of Andrew's reviews here.

From this issue we'll be showcasing our readers artistic skills across every medium....we like to think that it shows a real...

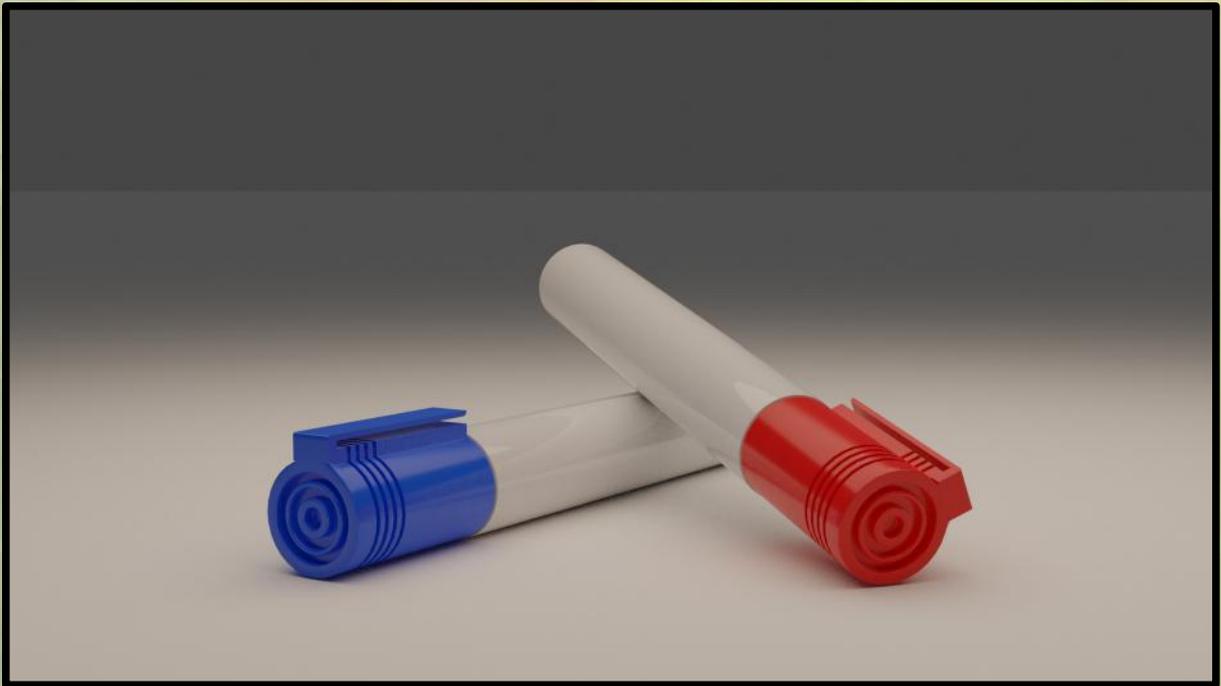
ARTITUDE!

First up is Christopher Birtwhistle's fantastic Blender art.

Christopher describes himself as a dabbler in photoshop and 3d modelling for all things Thomas and Doctor Who.

Which is mighty fine in our book!





Scott Smith.

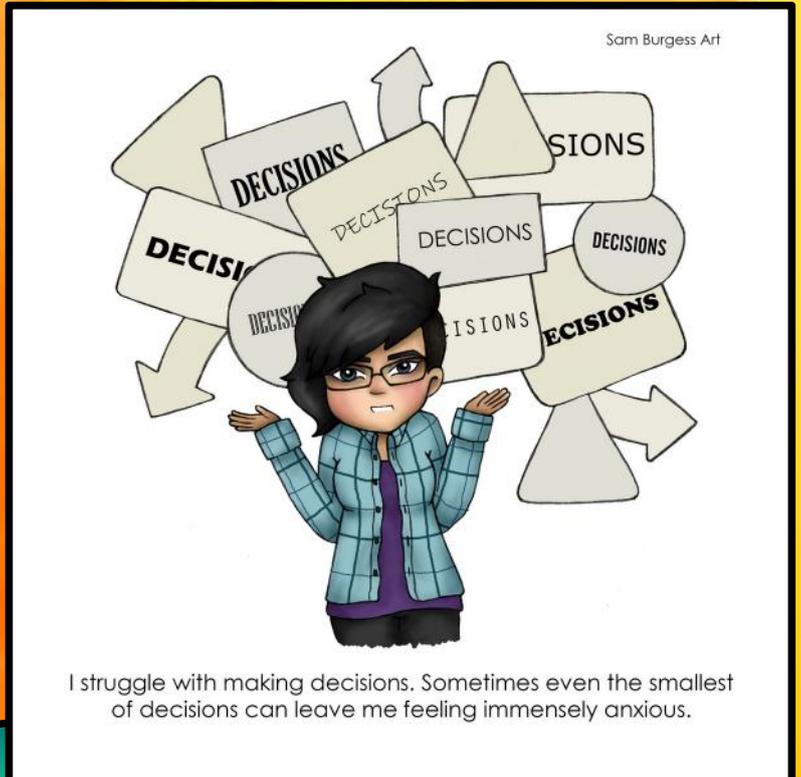
Scott attends Project Ability which is a visual arts charity and gallery supporting people with learning disabilities and mental health conditions to achieve their artistic talents. During lockdown, Scott, along with his friends from Abbie Day Opportunity in Glasgow, have continued to create amazing art pieces with their art tutor Alison via Zoom.

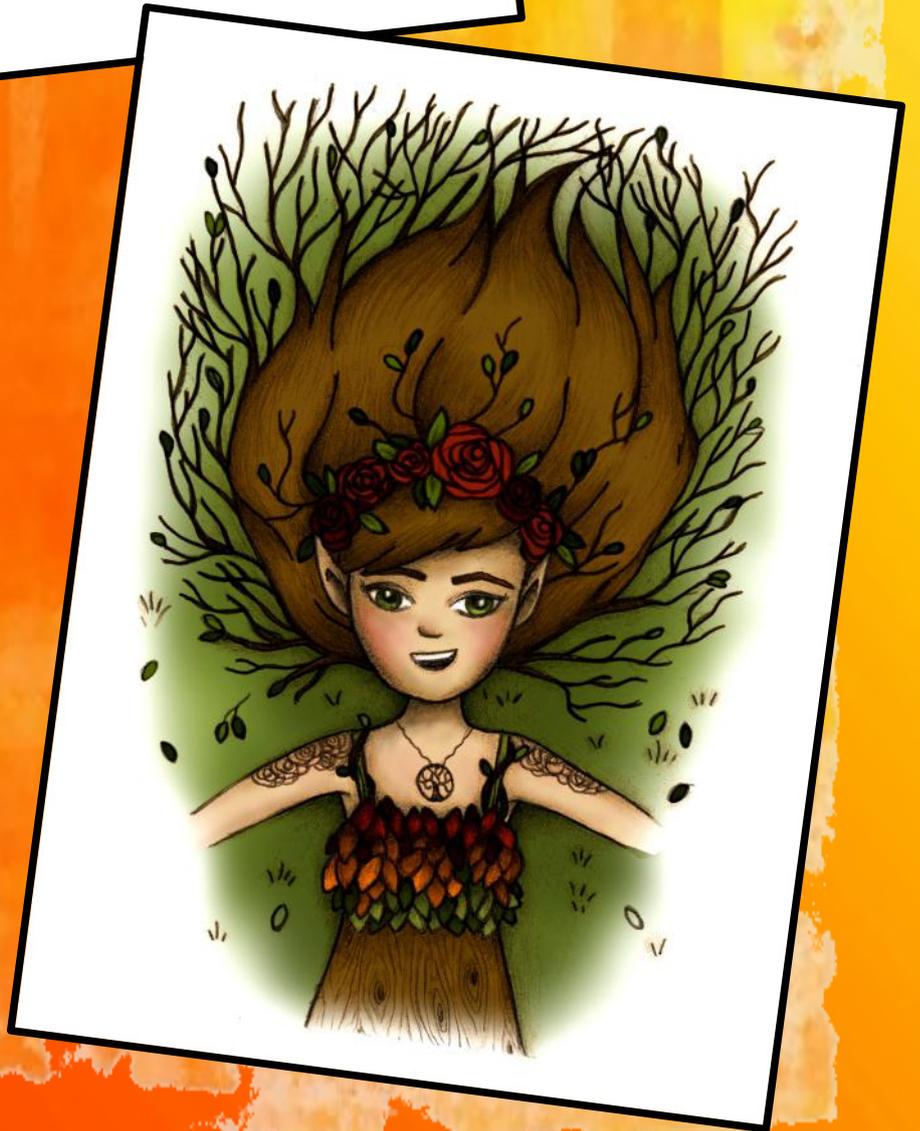






A collection of illustrations by Sam Burgess, a 28 year old freelance artist and designer who specialises in illustration but also love to crochet little characters/animals.



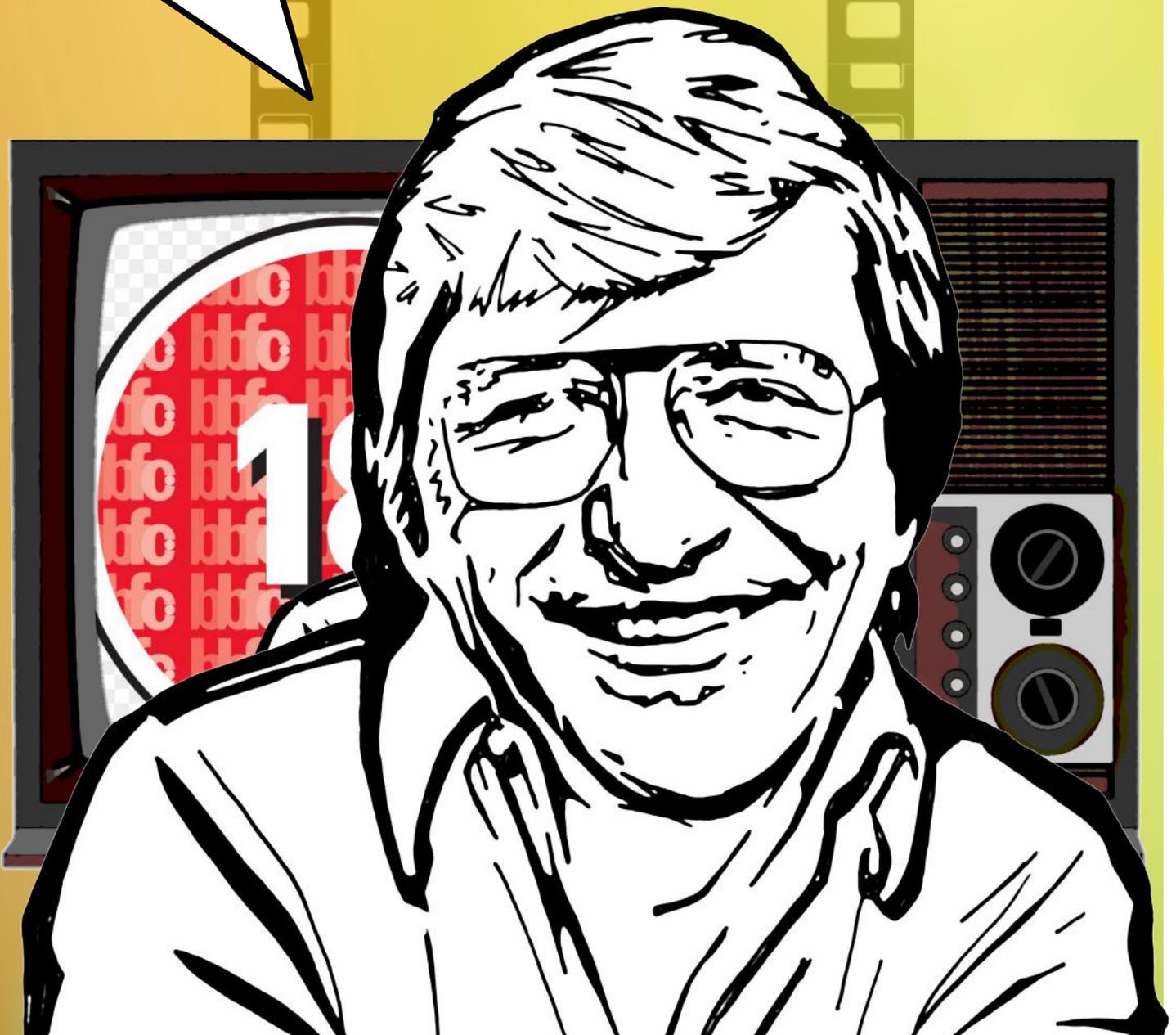


IT'S BACK!

The second part of Ash Loydon's beginner's guide to
SPECTRUM SINEMA

As ever we are legally obliged to issue this message from the housewife's favourite, Simon Bates.

**SOME OF THE FILMS FEATURED
ARE FOR GROWN-UPS AND MAY
FEATURE KISSING AND THE LIKE
SO BEWARE!**



After the almost cinema foyer Pick 'N' Mix movie bag last month I thought I'd stick firmly in the Sci-Fi section this time around and what better movie to start with than BLADE RUNNER (1982) .

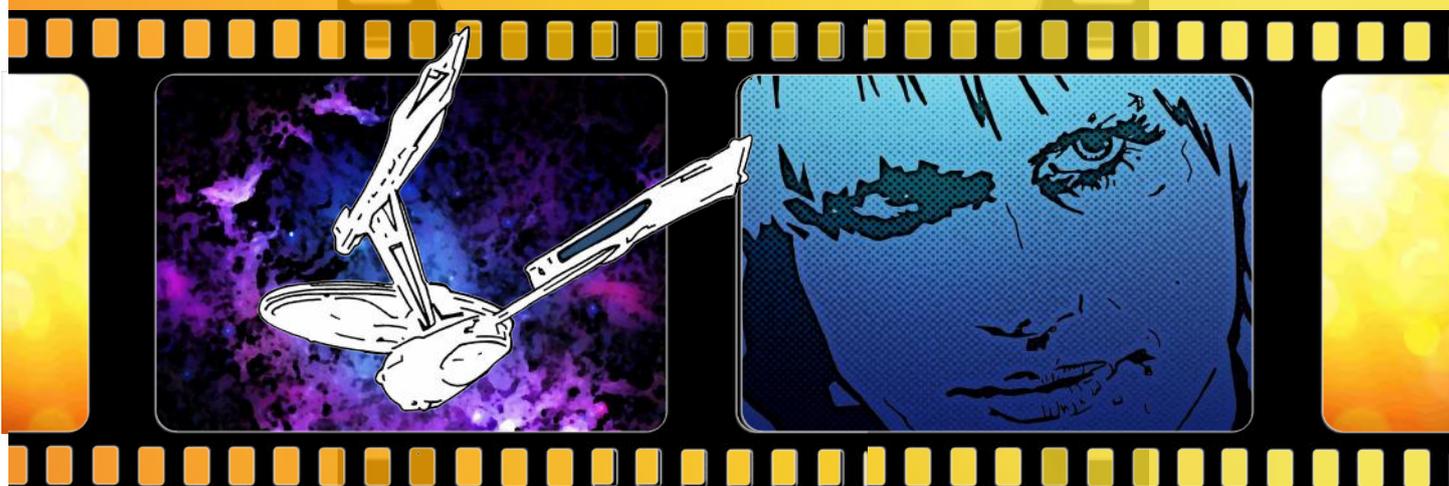
What can you say about Ridley Scott's dystopian classic that hasn't been said before - and by much better folk than me?

Well how about the fact that the whole replicant plot (with it's quest to be 'human' - or even to be accepted by humans and it's "Voight-Kampff" empathy test among other things) can be seen as a metaphor for the way the 'medical' model of Autism is/was portrayed.

As an interesting sidenote, whilst researching my upcoming analysis of the movie I discovered that it was in production at exactly the same point that Lorna Wing was deciding where to put Aspergers in the big autistic picture.

Tho' I doubt she did it by asking folk questions about turtles.

But if it's less rain and random violence but more talking and staring that you're after then look no further than the pastel hued tones of everyone's favourite version of 2001: A Space Odyssey for kids - Star Trek The Motion Picture.



The cinematic equivalent of lying in a really well equipped sensory room ST:TMP (as folk call it) is so laid back and leisurely as to be almost horizontal with no distractingly bright colours (other than the occasional rainbow warp effect) to disturb from the overall comfiness of the film and any emotional responses you should have are helpfully cued by the gorgeous Jerry Goldsmith score.

It even has an overture to get you in the mood.

And as a plus point it wins out over the aforementioned Kubrick classic by having the decency to actually explain what happens at the films climax.

Proper genius.

But the most unapologetically Autistic movie(s) of all time?
It's pretty obvious really.
And it's also THE bluest hued cinema experience of all time.
Especially the second one.
Ladies and gentlemen, girls and boys I give you...

TRON (Steven Lisberger, 1982) and TRON: LEGACY (Joseph Kosinski, 2010):

The first movie tells the tale of cool computer programmer Kevin Flynn (laid back loner Jeff Bridges) who is accidentally warped into the virtual computer world whilst trying to fix his flexi-time or something (it's really not that important).

Cue two hours of our hero - aided by big booted security program Tron - riding about on blocky Lego inspired motorbikes whilst dodging big-footed tanks and battling a huge square head played by cult favourite David Warner to a synth-tastic Wendy Carlos score.

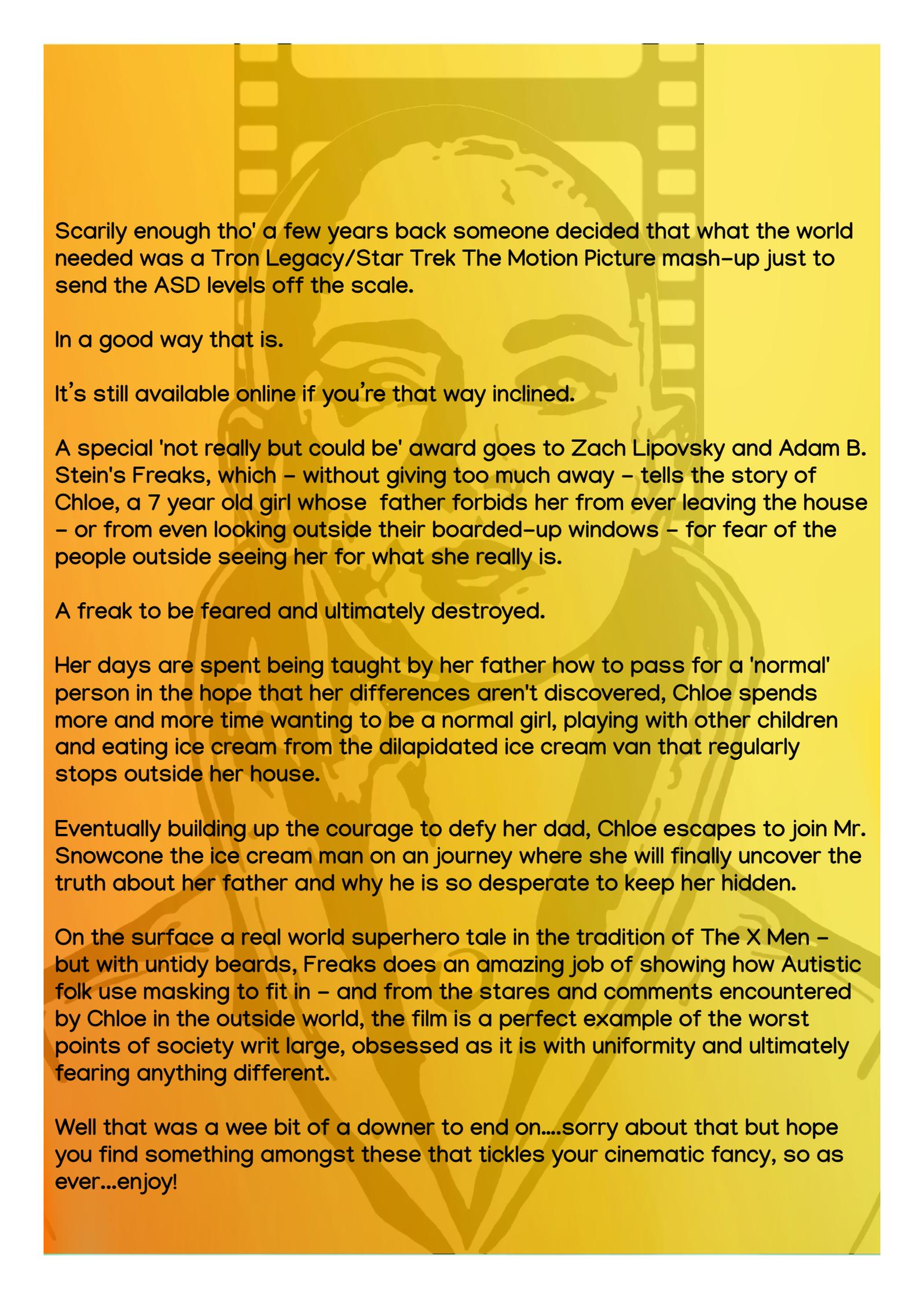
It took almost 30 years for a sequel to appear but when it did it was worth the wait.



With Kevin Flynn missing, it's left to his son Sam (with the help of original Tron template Alan Bradley) to re-enter the computer world to discover what happened to him.

Bigger, bolder and with slightly better rendering, a girl with a brilliant asymmetrical haircut, Michael Sheen doing an impression of David Bowie for absolutely no reason and a stonking Daft Punk score TRON: LEGACY is best viewed in the dark with the speakers to 11 and with the viewer sitting as close to the screen as possible.

Tho' you may need to lie down afterwards.



Scarily enough tho' a few years back someone decided that what the world needed was a Tron Legacy/Star Trek The Motion Picture mash-up just to send the ASD levels off the scale.

In a good way that is.

It's still available online if you're that way inclined.

A special 'not really but could be' award goes to Zach Lipovsky and Adam B. Stein's *Freaks*, which – without giving too much away – tells the story of Chloe, a 7 year old girl whose father forbids her from ever leaving the house – or from even looking outside their boarded-up windows – for fear of the people outside seeing her for what she really is.

A freak to be feared and ultimately destroyed.

Her days are spent being taught by her father how to pass for a 'normal' person in the hope that her differences aren't discovered, Chloe spends more and more time wanting to be a normal girl, playing with other children and eating ice cream from the dilapidated ice cream van that regularly stops outside her house.

Eventually building up the courage to defy her dad, Chloe escapes to join Mr. Snowcone the ice cream man on an journey where she will finally uncover the truth about her father and why he is so desperate to keep her hidden.

On the surface a real world superhero tale in the tradition of *The X Men* – but with untidy beards, *Freaks* does an amazing job of showing how Autistic folk use masking to fit in – and from the stares and comments encountered by Chloe in the outside world, the film is a perfect example of the worst points of society writ large, obsessed as it is with uniformity and ultimately fearing anything different.

Well that was a wee bit of a downer to end on....sorry about that but hope you find something amongst these that tickles your cinematic fancy, so as ever...enjoy!

SPECTRUM SUPERSTARS!



Name: Greta Tintin Eleonora Ernman Thunberg

Age: 18

Height: 1.5 m

Occupation: Student, environmental activist

AUTITUDE NEEDS YOU!



Well that's it for issue 2!
Hope you've enjoyed it!
Don't forget to send your contributions to
autitude@scottishautism.org