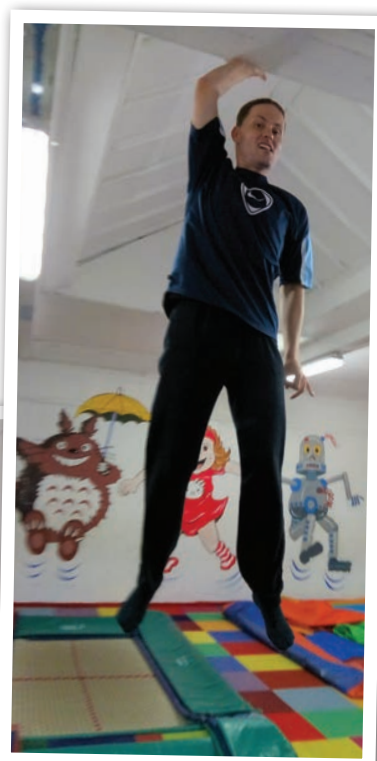


Lothian

What's going on • Autumn/Winter 2017

Scottish autism

Trampolining Fun



In August, Kevin, Fiona, and Amy from our Parkside service joined Ben and Andy from the Autism Resource Centre service for an afternoon of fun at trampolining! Everyone really enjoyed this experience as you can tell by their trampoline tricks and smiling faces!

Ross' Holiday

'I went to Pitlochry and I went with Nadia, my support worker. I did loads of amazing things while I was there, which included going to The Queens View. I went on a pedalo too and stayed in a lovely hotel called the Hydro Hotel. I went to different cafes for lunch and enjoyed playing golf. I enjoyed my holiday and I am looking forward to my next one.'



A New Activity for Allan

Allan has started attending Hydrotherapy on a Thursday afternoon. Allan seems to be enjoying this new activity. He enjoys spending time relaxing with the bubbles which is fantastic to see.

Open Day at the Autism Resource Centre

We held an open day in August at ARC. This was a huge success with many people from our local community coming along. It was great to meet people who popped in throughout the day and tell them more about what we do. Many prizes were won on the tombola stall, including art work and much more. We were also pleased to meet Mr Colin Beattie MSP who kindly came along to support us.



Parkside's Sensory Garden

The individuals we support at Parkside have begun the development process for a new sensory garden! Everyone is really happy with how the garden is coming along and so far they have new flowers, seats and a garden bench. We can't wait to see how the finished garden looks! It will be a great addition to our service.

Matthew's Great Breakfast Critique

Matthew has been out and about recently reviewing the local breakfast scene. Here are some of his reviews which he hopes will be helpful to others.

C.J's: 9/10 – No free coffee, really friendly, and a massive breakfast is £5.50 so very reasonable. Nice quality food and extremely quick service.

Kings pantry: 9/10 – Breakfast came with mushrooms and haggis which we had not received in other places. High quality of food, quick and friendly service. Closes at 2pm which can mean a rushed lunch. Not a wide variety of fizzy drinks.

Blue Café: 6/10 – Very friendly and in a lovely part of town. However, no free drink, no extras or a full Scottish breakfast and quite expensive. High quality food and quick service. Very crowded cafe, we needed to wait for a seat. Highly rated cafe, slightly hipster.

Welcome to Blair!

A very warm welcome to Blair who has joined our service at the Autism Resource Centre. He enjoys outdoor activities, swimming and walking the most. Blair has settled in very well with us and seems to enjoy his time here. It is lovely to see Blair interacting with his peers and staff developing his social skills in his new service.



Congratulations!

Congratulations to Stewart for winning Employee of the Month recently! Here he is accepting his well-earned prize.



For more information about our services in Lothian, please contact 0845 300 9274 or email lothian@scottishautism.org

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