

# Tayside

What's going on • Autumn/Winter 2017

Scottish  
autism

## A in the Park



We held our annual A in the Park barbeque in August at Crombie Country Park, just outside Dundee. This was organised through the Tayside Service User Forum where all the ideas for food, drink and activities were discussed and decided on. This year was our biggest event to date with around 70 people coming along! Despite the weather, which was sunshine and some heavy showers (typical barbeque weather!!), everyone had a great time.

The welly toss, football, swing ball and a game of rounders, along with the food, proved to be the highlights of the day with most people who outlasted the weather taking part.

## Movement to Music

We have introduced a new Movement to Music class within our North Lindsay Street base every Thursday morning. Everyone who takes part, individuals and staff alike, enjoy this activity and it makes us feel good for the rest of the day. The music is so good that you don't even realise how hard you are exercising!

Ross is very enthusiastic throughout the whole class and his favourite dance is Para a Verde Mar. He loves to dance and thinks Kay the instructor is great. Sammy thinks Movement to Music is great and especially loves getting to lead a dance routine for everyone to finish the class. John also comes every week to class and loves the atmosphere and the music.

It is wonderful to see how excited and engaged everyone is when taking part in this activity as they keep dancing until the end!



# Jackie Latto visits Tayside Area Services



Jackie Latto, Director of Autism Services, and Manners Edon, Regional Manager for Tayside, visited Dundee and Perth services recently to meet some of the individuals that we support. This was a great opportunity for both of the team to engage with the support we are offering within Tayside and to spend some quality time with individuals who receive that support. Visits like these ensure that our managers have a real connection to what is taking place within our services on a day-to-day basis.

Jackie and Manners visited Jane in her own home. Jane was pleased to have both managers in her home and was very relaxed as she took pride in showing her visitors around. Jane was very kind in offering and making her visitors cups of coffee. Jackie and Manners also visited Jamie who welcomed them both into his home and allowed them to look around.

The other visits later on that day included Bonneathill Gardens and North Lindsay Street Outreach Base. It was very encouraging for the managers to see first-hand how Scottish Autism staff are supporting individuals to realise their full potential and ensure that individuals live meaningful lives within their community.

## Parent and Stakeholder Evening



We recently held our annual parent and stakeholder evening at North Lindsay Street. All parents, carers and external stakeholders were invited to come along and have the opportunity to meet the management team and take part in some development work for the services.

First on our agenda was a visit from Peter Nurick, from the V&A museum, who shared some information on the new museum which is currently being built in Dundee. As a group we brainstormed ideas on how the museum could be autism friendly and what parents and carers would find helpful when accessing the museum. We also received a virtual tour through the use of a headset, which was great fun for all involved. It is really exciting to be part of such a big project, and it's great to see that the V&A are committed to ensuring that the museum works for everyone in the local community.

We then had a short session where Autism Practitioners Laura Graham and Ellie Bowen delivered a multi-sensory story to those attending so they could experience our new resources in action.

Finally, the parents attending put together a question we could use in the recruitment of staff and developed suggestions of what good and not so good answers would include. We will be able to add this to some questions previously developed by parents and carers for use at interviews to ensure that they are involved at some level in our recruitment process.

For more information about our services in Tayside, please contact 01382 226769 or email [tayside@scottishautism.org](mailto:tayside@scottishautism.org)