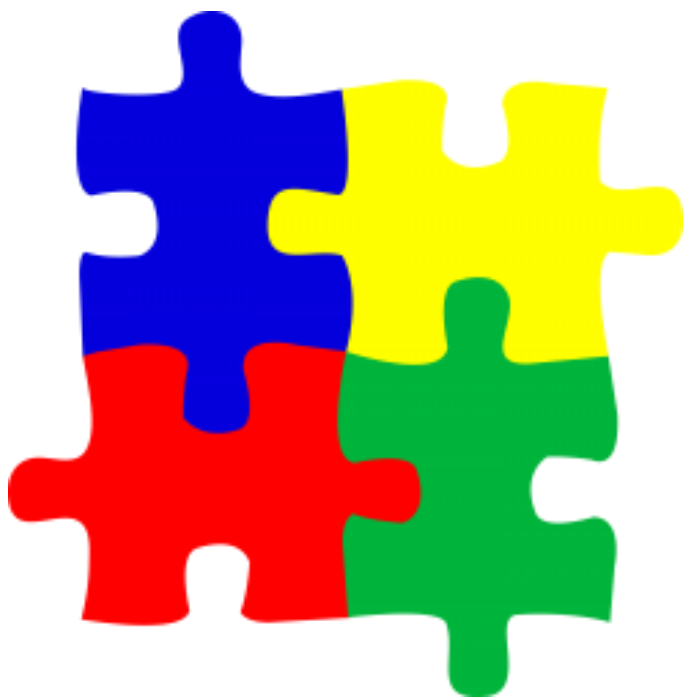


Fife Autism Pathway Information Booklet



The information in this booklet can be made available in Brail and other languages if required

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What Next?

Now, your child has been given a diagnosis of an autism spectrum disorder, we hope the information in this pack will be useful.

It includes information about autism and services and support that may be available.

We will place your name on the appropriate waiting list for one of our parenting groups. When the time comes, we will contact you and you can decide whether to opt-in.

At our next meeting, we can think together about what further support you may need.

Strengths and Qualities in Autistic Spectrum Disorder

All of us have different strengths and difficulties. These make our lives easier in some areas and harder in others. We tend to focus on our strengths and what we can do well. We can also learn how to manage the things we find difficult and to build our understanding of ourselves and our self-confidence. If your child has been diagnosed with an Autistic Spectrum Disorder (ASD) it may seem that the focus has been on the things that he or she finds difficult. However, these differences can also be viewed, in a positive way and seen as the unique strengths they may be. People with ASD are like all of us unique, and may possess many admirable qualities that people without ASD do not share.

Here are some of the qualities that you may notice in your child:

Socially – they may:

- Be loyal and dependable in their relationships with their friends
- Take others at face value and are not biased by age, sex or culture
- Speak their mind
- Be enthusiastic about their interests and keen to share this
- Listen without making judgements or jumping to conclusions
- Be more interested in real topics of conversation and not so interested in small talk, trivial statements and superficial conversations
- Want sincere, genuine and positive friendships

In their use of Social Language – they may:

- Be interested in the truth
- Have conversation without hidden meaning or agendas
- Have an advanced vocabulary and interest in words and word-based humour e.g. Puns

In their Thinking Skills – they may:

- Have a preference for detail and show good focus and attention
- Have a unique way of thinking about problems
- Have a great memory for details others forget
- Show determination in gathering information
- Have encyclopaedic knowledge of particular topics
- Like to keep accuracy and order, to stick to routines
- Have clear values and not easily be persuaded by political and financial factors

Other Factors – they may:

- Have sensory sensitivity: hearing, touch, vision, smell
- Show strength in games involving endurance and visual accuracy
- Be trusting and optimistic

Supporting your child with ASD

Acceptance

People with ASD can be faced with anxiety about approaching social situations and talking to their friends, teachers and neighbours. They may worry about doing things 'right', saying the 'right' things and meeting other peoples' expectations so that they will be allowed to join in and do the same things as others. It is natural in these situations to want to help your child by teaching them how to fit in, and this can be invaluable in helping them to develop their social skills and to understand and cope with the social demands of the world.

It may also be necessary to widen our own thinking and rules of what is acceptable. This means being aware of the assumptions, expectations and biases that we all have in our society and to challenge them. It may mean, for example, accepting that our children with ASD may find pleasure in different things and that they may express this pleasure and excitement in different ways. Such a perspective allows people without ASD to benefit from the loyalty and honesty that people with ASD may bring to friendships and relationships, and the attention to detail and problem solving abilities they bring to many professions.

Praise and Self-Confidence

The best praise is when others notice a personally valued trait or strength. Traits like loyalty, honesty, perseverance, logic and sincerity are important to all of us, but particularly to people with ASD.

You may already praise things that your child does that relate to particular factors such as their personality, age, character and inherited traits and talents. You may also wish to praise those aspects of their behaviour influenced by having ASD, as outlined, and in doing so to move away from a negative focus of having the condition.

All children can be encouraged to play to their strengths, to learn to understand and manage their challenged, to value their uniqueness rather than judge or label themselves and to develop their self-awareness and self-confidence. Then they more easily manage the ups and downs of life and can find their place in the world.

NHS Fife. Child & Adolescent Clinical Psychology Department

From 'The Discovery of "Aspie" Criteria

By Carol Gray and Tony Attwood

SERVICES IN FIFE

Scottish Autism (<http://www.scottishautism.org/>) is one of the largest providers of autism-specific services in Scotland and a leading authority and advocate for good autism practice. We exist to help those diagnosed with autism to lead full and enriched lives and become valuable members of the community they live in. We also seek to share our knowledge and expertise with parents, carers and other professionals in order to support the development of skills and strategies needed to provide the best care and support for people with autism.

About Autism <http://www.scottishautism.org/about-autism/>

What is Autism <http://www.understandautism.org>

Right Click and Right click for girls <http://www.scottishautism.org/family-and-professional-support/right-click-programme/>

is an online programme aimed at helping parents better understand and manage some of the challenges which can arise for their children and the wider family. The programmes are focused on providing support to parents of both **young children** and **teenagers** as this can be an especially challenging time for families.

Autism Advice Line <http://www.scottishautism.org/family-and-professional-support/advice-line/> supports parents, family members, individuals and professionals looking for information, advice and support.

The National Autistic Society (NAS) www.autism.org.uk provides a wealth of information which is well worth exploring.

Autism Services Directory is the UK's most comprehensive directory of services and support for people with an autism spectrum disorder, their families, and people who work with them. Click on the link below to search for **Autism Services** in the **Fife** area:
<http://www.autism.org.uk/directory/browse/cid=292~aid=427.aspx>

Autism Network Scotland www.autismnetworkscotland.org.uk acts as an information sharing hub to connect and communicate with those interested in the field of autism. They are a signpost for autism professionals and practitioners, people with autism, their families and carers toward examples of good practice, resources and useful information. If you register with them, they send you regular email updates on news and events around autism, including training and knowledge sharing sessions.

OAASIS (Office for Advice Assistance Support and Information on Special needs). www.oaasis.co.uk Publications can be downloaded from the website.

The One Stop Shop The Fife **One Stop Shop** is based in a central location in **Dunfermline** where we offer people with autism, their families and professionals information and advice.
8 Viewfield Terrace, Dunfermline KY12 7HZ 01383 724200.

Education and Learning

The majority of children and young people on the Autism Spectrum are educated at their local nursery, primary or secondary school. Schools are increasingly developing awareness and skills in supporting pupils. Each school has a Learning Support Teacher (LSS) who will have knowledge of autism.

In addition schools and parents have access to guidance and advice from the school's link educational psychologist. All schools in Fife have a link educational psychologist who works closely with school staff. The educational psychologist can become involved where there are concerns about a child's educational progress. The aim is to overcome barriers in the learning environment so that young people can be successfully included in their class, school and community. Educational psychologists can work directly with pupils, parents/carers, school staff and other professionals as well as providing consultation and training for teachers and support staff.

The school leadership team can also request further advice, support and training from other teams, for example the **Autism Spectrum Information and Support Team (ASIST)** in consultation with the schools Educational Psychologist and parents/carers.

ASIST can also work with the school staff in an advisory and consultancy capacity to help support pupils, particularly those present challenging behaviour. Pupils on the autism spectrum can be supported in a variety of ways. For example:-

- using symbolised communication i.e. PECS, boardmaker
- help provide structure and organisation i.e. visual timetables
- changes to the physical or social environment i.e. work areas, social stories
- awareness of sensory processing differences
- individualised learning approaches
- use of Information and Communications Technology (ICT)
- support from a Pupil Support Assistant

Some pupils will require a more adapted and specialised learning environment.

This can be done by access to the Pupil Support Service, within a Department of Additional Support Needs and specialised schools.

If the parent is concerned about their child, or the support they are receiving, they should contact the head teacher of the child's school.

Enquire www.enquire.org.uk is the Scottish advice service for additional support for learning. They provide information to help parents make the right choices about their children's education by offering impartial advice. They have lots of practical advice, information and fact sheets about the education and additional support needs system in Scotland.

Education Scotland www.educationscotland.gov.uk is a Scottish Government website with a wealth of information on supporting learning within the Education System including those with additional support needs. Search for **autism toolbox** on this site to be guided to information on this valuable resource which has been developed to provide up-to-date information, from research and practical experience which is easy to understand and apply in the classroom, playground and home. It is essential reading for teachers who have a child with an autism spectrum disorder in their class.

Autism Toolbox website www.autismtoolbox.co.uk is brought to you by the Scottish Government in partnership with Scottish Autism with support from Autism Network Scotland. This online resource is to support the inclusion of children and young people with autism spectrum disorder in mainstream education services in Scotland. As well as introducing and describing some of the more common challenges a pupil with autism might face, it provides real life case studies from Scottish schools and practical examples of supports that you can translate and use in your own school setting. It also signposts you to other websites you may find useful.

Parentzone www.educationscotland.gov.uk/parentzone aims to develop partnerships between parents and schools and advice on how parents can support their child's education.

www.ALISS.org – A Local Information System for Scotland.

Scottish Disability Directory – Provides access to thousands of disability organisations and support groups. See www.update.org.uk/key.php.

.FACST – The Family and Community Support Team. Work with children and young people in schools and also with parents to resolve issues where there is concern re:

- Family Circumstances
- Health and wellbeing
- Behavioural issues
- Accessing education

Tel: 01383 602456 (**West**), 01592 583486 (**Central**), 01334 659493 (**East**).

Link Befriending Project in East Fife to provide support for young people aged 12 – 18 years experiencing emotional problems.

Respect Me – antibullying organisation to protect young people.

Careers Scotland www.careers-scotland.org.uk for advice on future careers and courses. Glenrothes Opportunity Centre, Fife House, North St, Glenrothes. 01592 583344

Fife Employability Team www.fifedirect.org.uk/jobsdirect/disability/workstep.htm a service provided through Fife Council for those at the high-functioning end of the autism spectrum 01592 583142, Floor 4, Rothesay House, Glenrothes, KY7 5PQ

Enquire The Scottish Independent Advice and Information Service for Special Education Needs. www.childreninscotland.org.uk/enquire/contact

Education Law Unit - a useful resource providing information on children's rights in education settings. Includes a variety of helpful leaflets. www.edlaw.org.uk

FINANCIAL SUPPORT

GOV.UK www.gov.uk is a website providing general information on current benefits and future changes to the benefits system. It includes a benefits calculator so that personal details can be entered and it will calculate what can be claimed.

Department of Work and Pensions (DWP) www.dwp.gov.uk provides further information on benefits and welfare reforms. Personal Independence Payment (PIP) and Disability Living Allowance (DLA) are the two non means tested benefits that can be awarded to those on the autistic spectrum (DLA for those under 16).

Self Directed Support Scotland www.selfdirectedsupportscotland.org.uk is a Scottish Government website which provides information about self directed support (SDS) for people who need social care services.

Enable Scotland – get more out of self directed support- give free advice on self directed support.

Enable Scotland / Citizens Advice and Rights Fife – Fife Young Families Money Advice Project- Provide personal and confidential money and benefits advice for Parents and Carers

Autism Self Directed Support www.autismselfdirect.org is an Autism specific SDS project providing a of a single referral point for anyone who is looking for an autistic specific self-directed support service.

Citizens Advice and Rights Fife (CARF) www.carfweb.org.uk provides a free, independent and confidential service, providing information and advice on a variety of issues including benefits, maximising and managing your income, debt support, relationship problems, employment, health, and consumer rights. They have offices throughout Fife. Click on 'General Advice' on their website for information on benefits and other useful information.

Turn2us <http://www.turn2us.org.uk/> is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Family fund <http://www.familyfund.org.uk/> is the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people.

Merlin's Magic Wand – small grants. See: www.merlinsmagicwand.org for more details.

SSAFA – “Lifelong support for our Forces and their Families”. Tel: 01592 263714 or email: fife@ssafa.rg.uk

Foundations for Self Directed Support in Scotland. Free Open University short online course at www.openuniversity.co.uk/sds-scotland

TRANSPORT

Free Public Transport www.fifedirect.org.uk

If your child receives higher rate of the mobility component or higher or middle rate of the personal care component of Disability Living Allowance (DLA) you can get a bus pass from Fife Council which enables your child and an adult to travel throughout Fife free. You will need your benefit award letter from the Department of Work and Pension, which must be dated within the last year.

MyFife C+1 Card – tel: 08451 550066. Must be in receipt of one of the following: DLA, Care component middle or high, Attendance Allowance, Standard or Enhanced Rate of Daily Living Component of Personal Independence Payment (PIP).

SUPPORT FOR PARENTS AND CARERS

Fife One Stop Shop run a variety of workshops and social groups access our monthly calendar <http://www.scottishautism.org/family-and-professional-support/one-stop-shops/fife/fife-calendar/>

Fife Action on Autism holds a monthly parent support meeting for in Rothes Halls, Glenrothes on the last Thursday of the month. They also run three separate fortnightly activity clubs at different venues in Fife for adults and adolescents with ASD, to encourage the development of interaction and social skills and to focus on realising potential. www.fifeactiononautism.org.uk

NHS Fife - Parent information groups suitable for the child's age and stage of development. Programmes aim to provide parents with a better understanding of their child's autism and help develop skills to start problem solving and facilitating some aspects of communication and behaviour.

- **Early Bird** (2- 4 years)
- **Early Bird +** (4 - 8 yrs 11 mths)

(Contact Anne Wilson tel: 01592 645232 or email: annem.wilson@nhs.net)

- **PAPAS (9-14 yrs)**

(Contact Dougie McHale tel: 01383 565470 or email: Douglas.mchale@nhs.net or Joanne McCabe tel: 01383 565400 or email joannemccabe@nhs.net)

Fife Carers Centre www.fifecarerscentre.org.uk is dedicated to supporting the unpaid carers of Fife. They work one to one with carers to provide support and advice in their caring role. They provide a carers assessment, information on local services, workshops, quarterly newsletters and benefits advice.

Autism Rocks <http://www.autismrocksfife.co.uk/> is a facebook support group for parents.

Healthier Scotland

- Steps to deal with Stress <http://www.stepsforstress.org/>

- Free Steps for Stress booklet
<http://www.stepsforstress.org/templates/Inner/order-booklet.php>
- Free Relaxation CD <http://www.stepsforstress.org/templates/Inner/order-cd.php>

Vulnerable Young People's Outreach Service

Capability Scotland – supporting children and their families who live with disabilities. Early Years support, Respite and Short Breaks, Youthzone (Saturday Club for children 10 – 16 with ASD, Childcare4All, Sycamore Project (supporting children & young people in danger of losing their mainstream education placement). See www.capability-scotland.org.uk – tel: 0131 243 2744

Caudwell Children – Family Support Coordinator. Caudwell Children provide family support services, equipment, treatment and therapies for disabled children and their families across the UK. They also run an Enable Support programme for talented disabled athletes and Destination Dreams holidays for children fighting life threatening conditions. For more information see: www.caudwellchildren.com. Email: Victoria.bruce@caudwellchildren.com or tel: 07964 356 723.

Child Brain Injury Trust – supports children and their families to come to terms with acquired brain injury. See www.childbrainjurytrust.org.uk for factsheets. For support, email: helpline@cbituk.org or phone 0303 303 2248.

(Also, Scottish Legal and Welfare Advice Line offer free legal advice and discounted legal services. Tel: 0333 323 0189.

Children First:

Supporting Children & Families
Befriending Services
Rights, Advocacy and Mediation
Kinship Care

Tel: 0131 446 2300 or email: info@children1st.org.uk

Contact a Family provides information and support to families with a child with a disability re debt, short breaks, equipment, etc. They can set up local support groups and run events in your area. Freephone helpline: 0808 888 355. See www.cafamily.org.uk. To contact other families see: www.makingcontact.org

Enable U – Provide support to families through pre and post diagnosis Contact details 01592 659295

Family Support Service, Enable. Open referral system. Contact Lynn McKeown on 01592 659295.

Families First – St Andrews, Ross Lane Centre, 132 South Street, St Andrews KY16 9EW – provide practical help and support to families living in St Andrews and NE Fife who care for a child, 5-16 years and experiencing difficulties. They offer Holiday Activities, a Breakfast Club, Befriending and Family Support. Tel: 01334 208086 or email: enquiries@familiesfirststandrews.org.uk

PAMIS – Maureen McClelland, Tel: 01592 551310, Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS. Support for parents.

Nourish – for families with additional support needs. Meet every Thursday (during school terms) in Linton Lane Centre, Linton Lane, Kirkcaldy, KY2 6LF, 12.45pm – 2.30pm. Email: nourishgroup@live.co.uk

Young Carers – support for young people who live with a parent or sibling with a disability – Manager Roy McGregor. Tel: 01592 223893.

Time for me - Fife Council has made available the Time for me! fund to improve the range of opportunities for young carers to have a break from their caring responsibilities.

Young carers are school aged children and young people who have an important role in looking after someone else who is experiencing illness or disability. While we should not automatically assume that caring for others is a negative experience we must recognise that it can restrict young peoples' lives, and limit their experiences and opportunities as they grow up. Young carers are first and foremost young people and we should ensure that we have supports in place to enable them to enjoy as far as possible the same range of experiences as their peers, and to achieve their full potential in everything they do and aspire to.

In order to support young carers to enjoy time outwith their caring role, they can apply for up to £500 from Fife Council's Time for Me! Fund.

Eligibility Criteria

All applicants to the Time for Me! Fund must be living in Fife, and must have been assessed as a young carer by one of the services working with them.

Information about how to make a young carer's assessment can be found within the Fife Young Carers website - information for professionals. The direct link to the website is: www.fifeyoungcarers.co.uk

Kindred – offer support to families of children and young people with additional needs. Kindred Fife is based in Pitreavie Business park, 15 Pitreavie Court, Dunfermline, KY11 8UU, Telephone 01383 749528.

RESPIRE

Crossroads Fife Central, 3 Scott Road, Glenrothes, KY6 1AB. Relieving stress on those who care for people of any age with disabilities by giving the carers a break. Tel: 01592 610540

Fife Childcare Strategy – Chris McConnell, VOIP: 442143 or Scott McClymont, VOIP: 441984 (Family Engagement Officers).

Protected Places – up to 16 sessions either after school or during holidays. Can be used as half days or whole days. Suitable for children where there is domestic violence, neglect or a need for crisis intervention. Parents can part pay if there is a need for additional sessions. Provides a positive play experience on GIRFEC principles with other agencies. Application forms on FISH and decided by panel.

Aberlour Respite Services – Provide respite services for Children and Young People with a learning disability. Social work need to complete a full assessment and submit application to respite panel to access this service

Shared Care Scotland – information regarding short breaks and a facility to find a suitable short break for a child. Contact: Lesley Gudgeon on 01383 622 462.
Website: www.sharedcarescotland.org.uk.

Homelands Trust, Fife. Four luxury fully adapted cottages and a drop in centre. The Paxton Centre, 14a Links Road, Lundin Links, Fife, KY8 6AT. Contact Dave Paton, Development Coordinator. Tel: 01333 329039 or 07536 101226.

Homestart – 41 Bruce Street, Dunfermline, KY12 7AG. Support with families with at least one child under 5 years. Tel: 01383 621349.

Newman Holiday Trust, Perth – Children with a disability can be awarded a week's holiday in Glenalmond College during the summer.

The Respite Association – Greystones, 4 Lowgate Lane, Bicker, Boston, PE20 3DG. Small grants awarded for alternative respite care or holidays in caravans provided by the association.

PRE-SCHOOL RESOURCES

ADVOCACY

Kindred www.kindred-scotland.org provide advocacy and emotional support for carers of children and young people up to the age of 18. They also provide advocacy to support the parent in ensuring that their child gets the right support in school and can contact health and social care professionals on behalf of the carer.

Advocacy in Fife is a booklet with details of eligibility and Advocacy services across fife <http://www.fifevoluntaryaction.org.uk/downloads/Advocacy-in-Fife-A5-booklet.pdf>

Local Youth Forum – Kirkcaldy and Madras College, St Andrews. Suitable for any ability, 15 years upwards. 10am – 12 noon every second Saturday. Contact Andrea Glen, Enable. Tel: 01592 659295.

Mindroom – Support from experienced professionals by phone, email and in person. Improving the lives of those affected by learning disabilities. Tel: 0131 475 2330.

OTHER SUPPORT

Penumbra www.penumbra.org.uk supports the mental health and wellbeing of children and young people in Fife aged from 12 to 21 years.

LINK Adolescent Project www.linkbefriending.org.uk helps young people (12 to 18 year olds) improve their resilience, self esteem, confidence and mental wellbeing, through the support of a consistent and reliable befriender.

Child Clinical Psychology Service /Child and Adolescent Mental Health Service (CAMHS)

This is an NHS Fife service providing a wide range of clinical psychology services for children and young people aged up to 18 years. A referral can be made by your GP, health visitor or other NHS staff. They also accept referrals from other agencies, including Social Work, Education, and the voluntary sector.

Playfield Institute www.playfieldinstitute.co.uk

This is a resource for anyone working with or caring for children and young people (e.g. school nurses, social workers, teachers, foster carers, parents). If you click on 'information' on their website, then click on 'leaflets and booklets', there are some useful resources about ASD and related mental health issues. Details of their training programme are also available on this website.

Moodcafe www.moodcafe.co.uk is a Fife based website providing information and resources relevant to various common psychological problems for children and teenagers as well as adults.

BeatBullying www.beatbullying.org.uk is an on-line resource for children and young people across the UK to stop bullying. Their aim is to empower young people so deeply affected by bullying that they can barely face going to school every day.

Autism Assistance Dogs – visit: www.dogsforthedisabled.org

Falkland House School, Falkland, KY15 7AE. Specialist residential resource for up to 25 boys, 8-17 years with Autism. Contact Dave Laing, Admissions Officer on 01337 857268. Can board 39 or 52 weeks per year. Placing request and full assessment required through Educational Psychologist and social work.

New Struan School, 100 Smithfield Loan, Alloa, FK10 1NP, specialist residential resource for children and young people on the autistic spectrum run by Scottish Autism. Tel: 01259 222000 or email: newstruan@scottishautism.org

Scottish Society for Autism, Hilton House, Alloa Business Park, Whins Road, Alloa, FK10 3SA. Provides high quality autism specific care and support to individuals with autism and seeks to maximise their potential.

Ochil Towers, 140 High Street, Auchterarder, PH3 1AD – Rudolf Steiner specialist resource for young people with Autism. Tel: 01764 662416.

Handsonscotland www.handsonscotland.co.uk website aims to help make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

Healthyfife <http://www.healthyfife.net/> provides useful information on what is happening to improve health and wellbeing and reduce health inequalities in Fife and beyond. Parents and carers can apply for a training place if they think this might be useful.

Fife Social Work Services www.fifedirect.org.uk/socialwork is responsible for arranging social care services for people and communities in Fife.

Fife Gingerbread <http://www.fifegingerbread.org.uk/> provides a wide variety of services to lone parent families and to local communities.

Homestart support is available for any family experiencing difficulties and who has at least one child less than 5 years of age. Here are links for the areas in Fife:-

- **Dunfermline** <http://www.home-startdunfermline.org.uk/Index.asp?MainID=5453>
- **Kirkcaldy** <http://www.homestartkirkcaldy.org.uk/Index.asp?MainID=10798>
- **East Fife** <http://www.home-start-eastfife.org.uk/Index.asp?MainID=693>

SENSORY SUPPORT

Deaf Communication Service, Fife Council Social Work. For advice tel: Jennifer Anderson, Development Worker: VOIP: 474105

RNIB Pathways – Support for visually impaired youngsters and monthly Carers Cafe for all the family with activities, speakers and opportunities to meet other parents. Toy Library with sensory toys and sensory room. Contact Janice Bain, Tel: 01592 644979 or 646015.

TRANSITION

Your child may go through a number of transitions, such as starting a new stage of education or moving to a new school. He/she may also go through unplanned changes in their education as well as the time when they leave school and move into adulthood. Here are some useful links to help with these transitional times:

National Autistic Society - Transition Scotland

<http://www.autism.org.uk/living-with-autism/education-and-transition/transition-from-school-to-adult-life/transition-scotland.aspx>

Moving On to Adulthood. See www.fifedirect.org.uk/movingon

Scottish Autism Supporting Transition from School to University

www.scottishautism.org/family-and-professional-support/information-resources/supporting-transition/

Growing Up and Moving On website provides a lot of useful information on Fife's Transition Charter and services and support for young people leaving Children's Services. www.fifedirect.org.uk/movingon

SPORT AND RECREATION

Active Schools – Run sessions for pupils with additional support needs and learning disability the opportunity to develop core motor skills through a range of sports/ activities. These groups are for pupils from primary one to primary 7.

Groups run in Beath High school – Please contact Murray McBain 07872424634 for further information.

Dunfermline High School – Please contact Kim Vallance – 01383 602346 for further information.

Badaguish Outdoor Centre, Aviemore, Inverness-shire, PH22 1QU. Run by Speyside Trust with fully trained instructors on site. Accommodation is fully equipped for young people with physical disabilities. For Holiday Care Programmes, contact Sylvie on 10479 861382 or email: silvie.m@badaguish.org

Cairnie Fruit Farm, Cupar, KY15 4QD. – Mega Maze, Farm Shop and Tea Room. Tel: 01334 655610

Calvert Trust – Challenging Disability through Outdoor Adventure. – Programmes for young people in Kielder, Lake District and Exmoor.

Disability Sport, Fife – provides a programme of sports activities for children and young people with physical disabilities in Leisure Centres across Fife. For more information, contact Norma Buchanan, VOIP: 444989 or see the website: www.fifeleisure.org.uk

Disabled Riding, Balcurvie Riding School, Windyates, Fife. Tel: 01333 350267

Drake Music Scotland, SPACE, 11 Harewood Road, Edinburgh, EH16 4NT – making music accessible for any age or disability and providing support to enable people to play, learn and compose music independently. Tel: 0131 659 4766 or email: info@drakemusicscotland.org

Drumatik, Broad Street Centre – Tuesday evenings. Contact Mike Wallace, Arts & Leisure Support Worker, VOIP 401882.

Fife Youth Arts Hub. Activities for children and young people up to 25 years old across Fife, including digital and dance taster sessions. Tel: Rona Neilson, Activity Coordinator, VOIP 472774.

Funky Fifers Wheelchair Dancing – Sundays 11am – 12.30pm at Lochgelly High School. Core of 7 wheelchair dancers age 2 – 15 years old who enter competitions. Can include parents and siblings. Email: funkyfifers@hotmail.com

National Scout Activity Centre, Hillend, KY11 7HQ. Self run activity groups and groups with instructors. Tel: 01383 412704.

Muddy Boots Farm Shop and Adventure Play Area, Balmalcolm, Cupar KY15 7TJ. Tel: 01337 831222

Lochore Meadows Outdoor Education Centre. Sailing and adapted bicycles. Tel: 01592 583388.

Nordolf Robbins Music Therapy – support young people on an individual or group basis who have additional support needs, autism, brain injury, and mental health issues and go into schools and hospitals. Clinic based at Crosshill Business Centre, Main Street, Crosshill, KY5 8BJ. Tel: 01592 862311 or email: kristinmacdonald@nrscot.org.uk

Rock Climbing Centre – Edinburgh International Climbing Arena. Tel: 0131 333 6333.

Kidz-U-Nite Youth Club. Providing a safe place for young people (of secondary school age) with Additional Support needs and their families to socialise and have fun. Table football, Wii, table tennis, PlayStation and a space to hang out. Younger siblings can access crafts and games. All young people must be accompanied by a responsible adult. Cost £2 per family. Meets on 1st and 3rd Thursdays each month 7pm – 8.30pm at Newcraigs Evangelical Church,

Forres Drive, Kirkcaldy KY2 6YL. Contact Alexis Gilmour, tel: 07815557848 or email: alxisgilmour259@hotmail.com

YMCA Kirkcaldy – weekly programme includes music sessions, film projects, senior karate, football etc.

Plus:

Volunteering Opportunities & Development
Internet Cafe Facility
Meetings/Training Facilities
International Youth Exchange Programme
Music Recording and Band Practices
Facilities for Birthday Parties
Hall and Room Hires
Youth Clubs @ Dysart Youth Cafe – Mondays & Thursdays
Viewforth Youth Club & Viewforth Church – Tuesdays
Gallatown Youth Clubs – Tuesdays
Participation in Clubs for Young People Events
Active Kids School Holiday Programmes
Work in schools, off-campus and alternative curriculum
Programmes in conjunction with YMCA Scotland, Fife Council and other agencies. Tel: 01592 645530

PAMIS Accessible Leisure Programme. Sign up for newsletter at:

www.pamis.org.uk

Wheelchair Ice Skating at Kirkcaldy Ice Rink, £3 per session for one hour

Swimming, 2 hour sessions at Calaiswood School, Dunfermline, £5

Walking group in partnership with Active Fife at Glen Pavilion, Pittencrieff Park, Dunfermline KY12 8QH

Contact Leanne Reid, Leisure and Cultural Worker. Tel: 01592 551310 or email: leanne.yule@fifecarers.co.uk for dates.

PAMIS SOMA Programme – Sporting opportunities for Motor Activities designed for people with profound and multiple learning disabilities. Taster sessions and monthly meetings. Contact b.garrard@dundee.ac.uk

Sensitive Stories Library – available to families, schools and day services Contact PAMIS.

Schools Out – series of workshops for young people of any age. Includes Arts & Crafts, drama & music. Held at Templehall Community Centre on Saturday mornings. Contact Sue Campbell, Enable – [TEL:01592 659 295](tel:01592659295)

St Clair Centre – Youth Club every Thursday. Pool, videos, go for a McDonald's, bowling & BBQ at Lochore Meadows.

EQUIPMENT AND PLAY RESOURCES

Newlife Foundation for Disabled Children. Offers free loan of specialist developmental toys to families who have a disabled or terminally ill child: Visual play therapy pool, auditory play therapy pod, tactile play therapy pod and interactive play therapy pod. Provides information, emergency loan equipment and specialist equipment services. Freephone: 0800 902 0095 or email: nurse@newlifecharity.co.uk

Gleneagles Conversions Ltd – Can adapt car seating etc. 95 Bonnygate, Cupar KY15 4LG. Tel: 01334657722.

Kidz Scotland – annual free exhibition of resources and activities for children and young people with disabilities. Check website: www.kidzscotland.co.uk

FIFE PLAY RESOURCE

Is a toy and equipment lending service which offers a wide range of toys and equipment to both children and adults with a learning disability. They have an online catalogue of equipment including: inclusive sports equipment, games and sensory equipment. For information on membership please email: resource.base@fife.gov.uk

EMERGENCY CONTACTS

NHS24– www.nhs24.com when your GP practice is closed, the GP Out Of Hours service can be accessed via NHS24 Tel: 111

Emergency Out of Hours Social Work Services Tel: 03451 550099

Samaritans - www.samaritans.org

Tel: 08457 90 90 90 **Email support:** jo@samaritans.org

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