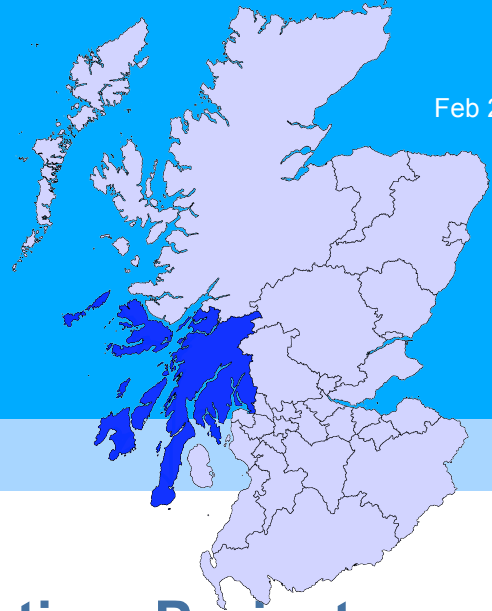


# Autism Argyll

newsletter

Feb 2012



## Achievement Bute Autism Project

Achievement Bute has been awarded Scottish Government funding as part of the Scottish Autism Strategy. The Strategy's vision is that those on the autism spectrum are respected, accepted and valued by their communities. Achievement Bute's project will run for 4 years and will support a group of young people on the autism spectrum on their transition from childhood to adulthood.

A series of short informative talks to raise awareness and improve understanding of autism and Asperger's Syndrome and how these conditions affect people's lives are to be held in Rothesay in February.

For more information contact

Maureen 01546 600004 [autism.argyll@me.com](mailto:autism.argyll@me.com) or

Dorothy 01700 505558 [dorothy@achievementbute.org.uk](mailto:dorothy@achievementbute.org.uk)

## Autism Awareness Presentation

In January, Autism Argyll gave an autism awareness presentation to classroom assistants from schools in Argyll & Bute who are studying towards their PDA (Professional Development Award). The presentation was well received, as one person commented "*Very informative, Allowed for discussion and feedback. Will be useful in my everyday work*".

We were delighted to be joined by Murray MacDonald, a young man on the autism spectrum from Oban, who gave a short presentation on what autism means to him. Murray certainly impressed the audience. Comments from the evaluations included

*"Murray – wow- what an inspirational young man!"*

*"Murray's presentation was very inspirational and what a brill sense of humour."*



## Oban Saturday Club

The Oban Saturday Club was set up in 2005 as a collaboration between Oban Parents for Children with Autism (OPCA), Argyll and Bute Council and Scottish Autism. The club meets at the Lorne Resource Centre and supports eight children and young people on the autism spectrum.

Their activities include group work and peer group sessions, music therapy, physical activities, arts & crafts, community outings, and free play in a fun, enjoyable and safe environment.

In November 2011, they were inspected by SCSWIS (Social Care and Social Work Improvement Scotland) and received a glowing report which said *"We found they were working very hard to make sure children, young people and their families felt respected and responsible and included"*.

The report added that staff *"were responsive and skilled in how they worked with children and young people"*.

Well done to everyone at the Oban Saturday Club!

## The Irlen Method

Many people on the autism spectrum experience visual processing problems. They can be affected by bright lights, especially fluorescent lighting. Often they see the world in a distorted fashion, for example a flight of stairs may look like a slide. Sometimes these problems can affect their ability to read and write.

Helen Irlen, an expert in the field of visual-perceptual problems, carried out research which showed that some of those affected by visual processing problems were helped by the use of colour filters or lenses.

Although Helen Irlen makes it clear that the Irlen Method is not a cure for autism, there are many reports of people on the spectrum benefiting from using Irlen lenses.

More on the Irlen Method can be found on their website  
<http://irlen.com/>

and there is an interview with Helen Irlen on the Autism Research Institute website

[http://www.autism.com/fam\\_page.asp?PID=363](http://www.autism.com/fam_page.asp?PID=363)



Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave toward them, which in turn affects how others respond to us, which in turn affects our own emotions.

Michelle Garcia Winner's website explores this in depth and provides resources to help those who struggle with social thinking.

<http://www.socialthinking.com>



## Autism Argyll Roving Library is at:

**Rothesay Library,  
Stuart Street, Rothesay PA20 0BX**

### Opening Times

Monday: CLOSED  
Tuesday: 10 a.m. – 1 p.m., 2 p.m. – 7 p.m.  
Wednesday: 10 a.m. – 1 p.m., 2 p.m. – 5 p.m.  
Thursday: 10 a.m. – 1 p.m., 2 p.m. – 7 p.m.  
Friday: 10 a.m. – 1 p.m., 2 p.m. – 5 p.m.  
Saturday: 10 a.m. – 1 p.m.  
Sunday: CLOSED

Books can be requested online at  
<https://lib.argyll-bute.gov.uk/cgi-bin/spydus.exe/MSGTRN/OPAC/HOME>

**If you have feedback and ideas for future newsletters we'd love to hear from you**

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