

Autumn Newsletter 2019



Summer Activities

This summer SAIL organised several day trips, which were well attended by both young adults, teens and their families. These included Glasgow Science Centre, Edinburgh and Dynamic Earth, Blair Drummond Safari park and sledging at Snow Factor.

FreeRange Art Farm and Low Parks Museum



In association with Hamilton Low Parks Museum and Freerange Artfarm, sail autism took part in the Visions for the Mind mindfulness project.

Inspired by a painting in the exhibition, "Summer Evening" by James Lawton Wingate, the sail autism group produced a soundscape, facilitated by Fiona MacGregor of Freerange Artfarm.

Fiona said "Over a four week period I met with the young adults of sail autism group, exploring colour, sound and emotions. The group viewed several images from the exhibition and chose Summer Evening by James Lawton Wingate. We then developed our soundtrack with everyone's input."

You can hear at the end how delighted we all were with the result, here:

<https://www.youtube.com/watch?v=QufK28H5XCQ>

We celebrated this wonderful achievement by hosting a group at Low Parks Museum. The evening of also held the opportunity to view the Visions for the Mind exhibition.

Fund Raising

A huge thank you to everyone who has helped fundraise for SAIL over the summer.

Our sponsored walk in Strathclyde Park included all teens, young adults and their families raised an amazing £2,500.

Autumn Newsletter 2019



Teen dad, Stephen Rae and his friends Mark Dell & Brian Lawson ran a half marathon on behalf of SAIL and raised an amazing £2,000. Many thanks!

One of our trustees Lee Calder along with some other families and an amazing team from the Royal Bank of Scotland Livingston took part in the Edinburgh kilt walk and raised over £6,000.

Finally thanks to all the friends of SAIL you take part in the weekly bonus ball which, to date, has raised over £2,100

Future Events

The SAIL autism Festive Fling takes place at the Avonbridge Hotel on the 23rd of November. Come along and join us for a fun night with music, buffet, DJ and games. Tickets are £20 each (or £180 for a table of 10) and are available from the Avonbridge reception by telephone or in person, or via www.sailautism.org.uk

Special Olympics Liverpool 2021

Sean Keir, who attends our young adult group, has been selected to swim in the Special Olympics in Liverpool in 2021. Please join SAIL in wishing him luck. We could not be more proud of him!



Groups - Teens

The teen group is open to all teens from age 11 upwards, and operates on a waiting list system.

This runs on a Monday night from 7pm till 9pm at ARCH, Reid Street Burbank.

This is a social group for the young people while the adults can chat and receive support at the same time in a separate space.

Groups – Young Adults

The young adult group is from age 16 upwards and runs on a Wednesday night at ARCH from 7pm to 9pm. Parents also stay for a cuppa and chat too.

Activities at both group include: movie nights, art, games, quizzes, cooking and lots more.

If you are interested in either group please contact SAIL Autism, via SAIL's Facebook page or email mail@sailautism.org.uk

www.sailautism.org.uk