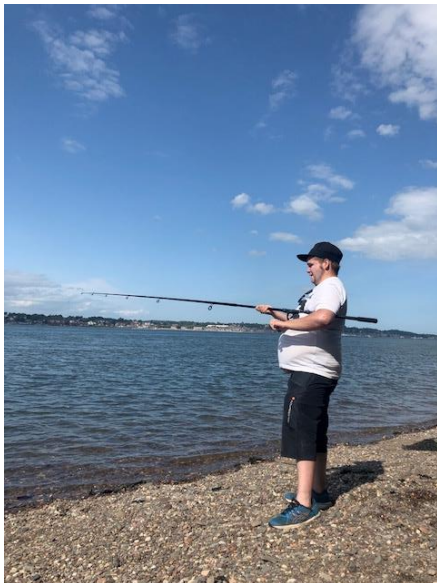


Stories of autistic people we support being as active as possible during the lockdown.

Jonathon



The 24th June was a very special day for Jonathon – he went fishing for the first time! He has had his own fishing rod for some time, but hadn't managed to do any fishing. He was keen and took advantage of the reduction in lock-down restrictions, beautiful sunshine and the support of a staff member who is an accomplished fisherman and tried his luck! The sun was shining and despite Jonathan never having fished before he managed to catch (and release) four flounders and a crab. The crab was hanging onto the piece of mackerel that was on his hook when he reeled it in - that made us all laugh.

Jack

As with so many of us, Jack was anxious about going out in public as the restrictions started to lift. He worked with his 'helper' to identify safer places to go and to get used to wearing a face covering. Although initially worried, he now likes wearing them and feels like an FBI agent! He has been enjoying long walks along Potobello and Leith and looking at and feeding the ducks (and sometimes gulls!) at the Water of Leith. Walking with his helper gives a great opportunity to talk about his feelings and problem solve in a really relaxed and low pressure environment.



Thomas



Thomas is a keen cyclist and this has really helped during Covid times. The worry about new restrictions and regulations, combined with the concern about contracting the virus has really meant that physical exercise is a real need now, rather than just a relaxing activity. The news and media are all about Covid, so 'getting away from it all' really engenders a sense of calm, enabling him to think 'clearer'.

His cycles take him all over Edinburgh and the surrounding area and he loves seeing the beautiful wildlife, including, signets, chicks, deer, birds and a sparrow hawk! The sense of accomplishment on finishing a really long cycle is fantastic! It also helps that he has a support worker who is also a keen cyclist! They will very very fit by the time the restrictions have been lifted!

Autism Initiatives Scotland
www.autisminitiatives.org

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