

AUTISM & ASN UPDATES

For East Dunbartonshire Residents

East Dunbartonshire
Health & Social Care
Partnership



Manga, Anime, Sci-Fi Society (M.A.G.S.S)

The Outlook Team are delighted to announce a new group starting in Milngavie. M.A.G.S.S has been successfully running and very popular in Kirkintilloch for the last couple of years.

Open to the neurodivergent community (aged 16+) to share your hobbies and interests on the subjects of Marvel, Comics, Fantasy, Video games, Anime, Sci-fi, Manga, Books, Board games – and many more!

Where: Allander Resource Centre on the 1st & 3rd Thursday of the month from 6.30pm - 8.30pm.

If you have any questions or would like to come along, please contact:

Ashleigh.grant-ng@eastdunbarton.gov.uk or 07584 395 468

Board Game Group

Open to the neurodivergent community (aged 16+) to play a variety of board games in a welcoming, inclusive space. Meeting at the Allander Leisure Centre on the 2nd and 4th Thursdays of the month from 6:30-8:30pm

If you have any questions or would like to come along, please contact:

Ashleigh.grant-ng@eastdunbarton.gov.uk or 07584 395 468

NEWSLETTER HIGHLIGHTS

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Key Dates



Differabled Training & Information Sessions

Parents / Carers and neurodivergent people are welcome to attend the sessions at no cost. Heather Wright has tailored and created empowering sessions from her own lived, personal and professional experience.

The sessions are split up in to blocks and cover various topics, such as processing / sensory differences, arousal, behaviour, communication passports as well as reducing the impacts, practical problems of care, puberty & teens, learning, homework and beyond.

These sessions are in person at the Differabled Office, Flemington House, Springburn or via Zoom.

For more information and details on how to register please click the link below
<https://www.differabledscotland.co.uk/training>



EDVA - ASN Website

As part of the EDICE network, EDVA now have a dedicated webpage where you will find information on organisations within East Dunbartonshire that support individuals with additional support needs. This covers autism, neurodiversity, ADHD, learning disabilities and anyone who requires additional support.

<https://edva.org/edvaasn-network>

East Dunbartonshire Access Panel

The East Dunbartonshire Access Panel is run by a group of local volunteers who have knowledge of the many accessibility issues faced in the community. These include difficulties experienced by those with physical disabilities, the neurodivergent community, parents with prams, older people and many others who find themselves living in an environment designed for those without access needs. Its aim is to make East Dunbartonshire as fully accessible to all by removing the barriers to allow people to lead a full and active life.

The group meets monthly and is always open to new members. For more information about the group, see their Facebook page (www.facebook.com/EDAPanel) or email edaccesspanel@gmail.com

Well Walks



The EDLC have 10 affiliated walks which are all low level lasting 1 hour. These health walks are designed for people who have a lifelong health condition / injury, have been feeling isolated or have been inactive for the last 6 months.

Monday Walks

Lennoxtown Community Centre - 10am - Slow to leisurely pace walk
Kirkintilloch Leisure Centre - 10.30am - Fast/Moderate pace walk
Kilmardinny House, Bearsden - 10.30am - Fast/Moderate pace walk
Milngavie Library & Education Centre - 1.30pm - Fast/Moderate pace walk

Tuesday Walks

- does not run over the holidays - Moderate paced walks

Bishopbriggs Leisuredrome - 1st & 3rd Tuesday of the month - 10.30am
Bishopbriggs Library - 2nd & 4th Tuesday of the month - 10.30am
5th Tuesday of the month - some random location picked by walk leader - 10am

Wednesday Walks

- Fast to moderate pace

Bishopbriggs Leisuredrome - 10.30am
The last Wednesday of the month they meet at Hogganfield Loch.

Thursday Walks

Milton of Campsie, St Pauls Church - 10.30am - Slow leisurely pace walk
Kirkintilloch Leisure Centre - 1.30pm - Low mobility and wheelchair user group

Friday Walks

Kirkintilloch Leisure Centre - Dementia Friendly Walk - 11am
Auchinairn Community & Early Learning Centre - 11am

For more information contact John john.kiernan@eastdunbarton.gov.uk

VOLUNTEERS NEEDED



Interested in volunteering? Kirkintilloch Rob Roy are looking for volunteers on home match days to help make their first season back in Kirkintilloch a success. The volunteering roles will vary from manning the turnstiles, selling programmes, directing players and officials and collecting balls which go over the perimeter fencing.

If you are interested in joining the volunteering group please reach out to Alistair McDermid by phone or email amcdermid12@hotmail.com or 07869949993



Good Vibrations

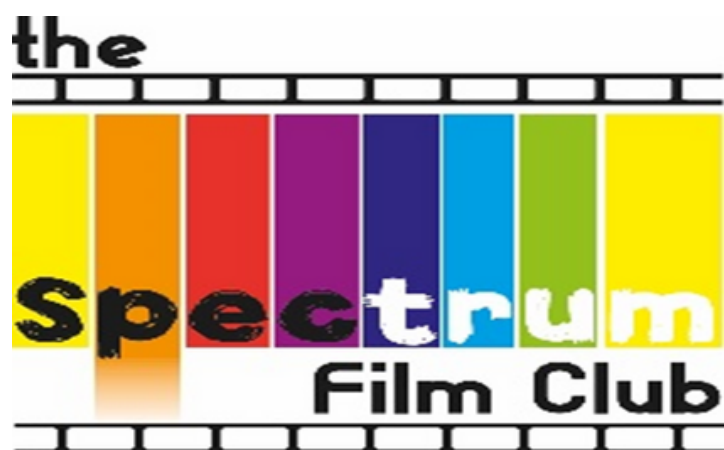
Would you like to take part in a free, week-long gamelan music workshop with adapted technology?

Good Vibrations are offering these free sessions to adults with learning disabilities, physical disabilities and those with mental health conditions, as well as their carers.

Running from 19th August at the Royal Conservatoire of Scotland - Glasgow

For more information and to register please click on the link below:

<https://www.good-vibrations.org.uk/free-gamelan-music-sessions-at-royal-conservatoire-of-scotland-glasgow/>



The Spectrum Film Club proudly presents Nanny McPhee

On Tuesday
20th August
at 4.45pm in
Kilmardinny
House,
Bearsden.



£4 cash on the door,
carers/support go free.



Key Dates



20th August 2024
4.45pm - 6.30pm

Spectrum Film Club
Kilmardinny House
<https://www.eastdunbarton.gov.uk/health-and-social-care/services-children-families/spectrum-film-club>

28th August 2024

Buildovators Plus Session 11+
Park Centre, Kirkintilloch

29th August 2024
7pm - 9.30pm

You Are Not Alone
Autism, Anxiety & Mental Health
Bearsden Baptist Church, Bearsden

5th September 2024
7pm - 9.30pm

You Are Not Alone
Autism and Diagnosis
Bearsden Baptist Church, Bearsden

11th September 2024
6pm - 8pm

Parent & Carer Autism Forum
Online - via Microsoft Teams