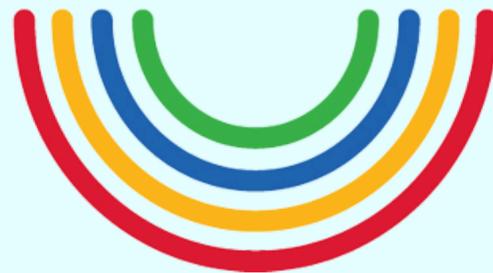




# PERTH AUTISM SUPPORT



#OURYOUNGPEOPLECAN

## TRANSITION SERVICE

# SUMMER HOLIDAY PROGRAMME

# 2024

Perth Autism Support SCIO, 14 New Row, Perth, PH1 5QA

Web: [www.perthautismsupport.org.uk](http://www.perthautismsupport.org.uk)

Perth Autism Support is a Registered Scottish Charitable Incorporated Organisation (SC048183)

Registered with Care Inspectorate CS2019374248

# SUMMER PROGRAMME INFORMATION

## SMALL STEPS

MONDAY 22ND JULY

1PM - 3PM

£10



### BAKING

MONDAY 5TH AUGUST

1PM - 3PM

£10



### GAMES

AN OPPORTUNITY TO TAKE PART IN ACTIVITIES WITHIN OUR YOUTH HUB IN A RELAXING, SUPPORTED ENVIRONMENT.

THIS GROUP IS AIMED AT YOUNG PEOPLE WHO HAVE ANXIETY OR WORRIES THAT MAY PREVENT THEM FROM ACCESSING SOCIAL OPPORTUNITIES AND LARGER GROUPS.

SPACES WILL BE LIMITED DUE TO SMALL GROUP NUMBERS.

## WEEKLY SESSIONS

SEE BELOW FOR FURTHER INFORMATION REGARDING WEEKLY SOCIALS, OUTINGS AND DAYTRIPS. WEEKLY SESSIONS WILL RUN FOR FIVE WEEKS OVER A TUESDAY, WEDNESDAY AND THURSDAY. LUNCH OPTION AVAILABLE WHERE POSSIBLE.

SEE ATTACHED BOOKING FORM IF INTERESTED.

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If you have any questions regarding these groups, please contact [transitions@perthautismsupport.org.uk](mailto:transitions@perthautismsupport.org.uk)

# SUMMER PROGRAMME INFORMATION

## INDEPENDENT TRAVEL

TUESDAY'S, 16TH JULY - 6TH AUGUST

10AM-12PM

LEARNING

PLANNING

JOURNEY

JOIN US FOR A 4-WEEK PROGRAMME, LEARNING ABOUT SKILLS, BARRIERS, STRATEGIES AND PRACTICAL RESOURCES TO SUPPORT YOU TO TRAVEL INDEPENDENTLY!

WE WILL LOOK AT HOW TO LEARN NEW SKILLS EFFECTIVELY, THE BARRIERS TO INDEPENDENT TRAVEL AND HOW TO OVERCOME THESE USING PLANNING AND STRATEGIES. WE WILL ALSO BE USING PRACTICAL RESOURCES AND SCENARIOS WHILE REFLECTING AND PROBLEM SOLVING TO ENSURE WE ARE GEARED UP FOR OUR GROUP BUS TRIP AND FUTURE TRAVELS!

If you have any questions, please contact [transitions@perthautismsupport.org.uk](mailto:transitions@perthautismsupport.org.uk)

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Smarter Choices,  
Smarter Places

Supporting Sustainable Travel

# WEEK 1 - W/O 8TH JULY

## TUESDAY 9TH JULY



### ART @ ALLSTRONG

1PM - 3PM

£10

JOIN US FOR AN INSPIRING ART SESSION WITH ALLSTRONG, USING A VARIETY OF MATERIALS PROVIDED, YOU'LL HAVE EVERYTHING YOU NEED TO CREATE YOUR MASTERPIECE.

ENJOY A RELAXING AND FUN-FILLED SESSION, CONNECT WITH FELLOW ART ENTHUSIASTS, AND LET YOUR IMAGINATION RUN WILD.

MUSIC AND WRITING RESOURCES ARE ALSO AVAILABLE.



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## THURSDAY 11TH JULY

### MEGGINGH CASTLE - DAY TRIP

10AM-4.30PM

£35

DROP OFF AND PICK UP AT PAS

WE WILL TRAVEL BY BUS TO ERROL WHERE WE WILL BE COLLECTED AND TRANSPORTED TO MEGGINGH CASTLE ESTATE FOR A FUN FILLED DAY OF OUT DOOR ACTIVITIES,, INCLUDING ARCHERY AND COOKING!

THIS SESSION WILL BE KINDLY FACILIATED BY THE P&K DUKE OF EDINBURGH STAFF, FROM THE STARFISH WAY PROJECT.



PERTH & KINROSS  
ASSOCIATION SCIO



# WEEK 2 - W/O 15TH JULY

## TUESDAY 16TH JULY

**LUNCH**  
12-1PM  
£5

YOUNG PEOPLE CAN JOIN US FOR LUNCH IN THE YOUTH HUB, EITHER BEFORE THE AFTERNOON SESSION OR FOLLOWING ON FROM THE MORNING.  
**LUNCH NOT PROVIDED.**

## WALK'N'TALK

1PM-3PM  
£10



JOIN US FOR A RELAXING STROLL AROUND PERTH CITY CENTER AND PARKS. WE WILL HAVE VARIOUS WELLBEING ACTIVITIES TO ENGAGE IN AS WE WALK.

## WEDNESDAY 17TH JULY

 **HOLIDAY HANGOUT**  
10AM-12.30PM  
£12.50

AN OPPORTUNITY TO RELAX, HAVE FUN, SOCIALISE AND BE THEMSELVES!  
EACH WEEK, THE GROUP WILL DECIDE WHAT THEY WOULD LIKE TO DO; PLAY GAMES, GO INTO TOWN, WATCH A MOVIE ETC WITH SUPPORT OF PAS STAFF.

## PAS VS NO.3

1PM-4PM  
£15



JOIN US TO TAKE ON OUR FRIENDS AT NUMBER 3, ONE STOP SHOP!  
WE WILL SPEND THE AFTERNOON COMPETING IN OUTDOOR ACTIVITIES, A QUIZ, AND HAVING SOME SOCIAL TIME TOGETHER WITH A PICNIC AT THE SOUTH INCH.  
WHO WILL BE CROWNED THE WINNER?

## THURSDAY 18TH JULY

**DYNAMIC EARTH**  
10AM-5.45PM  
£35

**DROP OFF AND PICK UP AT BROXDEN P&R**  
WE WILL TRAVEL BY BUS TO EDINBURGH WHERE WE WILL WALK THROUGH THE CITY TO DYNAMIC EARTH!  
WE WILL WATCH THE PLANETARIUM SHOW AND HAVE A GUIDED TOUR THROUGH SPACE AND TIME, EXPLORING THE WONDERS OF OUR PLANET.  
THE YOUNG PEOPLE WILL HAVE TIME IN THE GIFT SHOP, BEFORE WALKING BACK TO THE BUS HOME.



# WEEK 3 - W/O 22ND JULY

## TUESDAY 23RD JULY

**LUNCH**  
12-1PM  
£5



YOUNG PEOPLE CAN JOIN US FOR LUNCH IN THE YOUTH HUB, EITHER BEFORE THE AFTERNOON SESSION OR FOLLOWING ON FROM THE MORNING.  
**LUNCH NOT PROVIDED.**

## GAMES WITH ALLSTRONG



1PM-3PM  
£10

JOIN US AS WE PARTNER WITH ALLSTRONG FOR AN AFTERNOON OF OURDOOR GAMES AT THE NORTH INCH.  
WARM UP CIRCUITS, ROUNDERS AND FOOTBALL!

**ALL STRONG**

## WEDNESDAY 24TH JULY

### HOLIDAY HANGOUT

10AM-12.30PM  
£12.50



AN OPPORTUNITY TO RELAX, HAVE FUN, SOCIALISE AND BE THEMSELVES!  
EACH WEEK, THE GROUP WILL DECIDE WHAT THEY WOULD LIKE TO DO; PLAY GAMES, GO INTO TOWN, WATCH A MOVIE ETC WITH SUPPORT OF PAS STAFF.

### WILLOWGATE

1.30PM-4PM  
£20



AN EXCITING AFTERNOON AT WILLOWGATE, LEARNING HOW TO KATAKANU AND WORKING TOGETHER ON A GIANT PADDLE BOARD!  
YOUNG PEOPLE WILL NEED TO WEAR WET SUITS AND LIFE JACKETS, PROVIDED BY WILLOWGATE.

**Willowgate**  
ACTIVITY CENTRE

## THURSDAY 25TH JULY

### ESCAPE ROOM

12PM-4PM  
£20

**DROP OFF AND PICK UP AT PAS**

WE WILL TRAVEL BY BUS TO DUNDEE, WHERE THE YOUNG PEOPLE WILL BE ABLE TO BUY LUNCH OR BRING A PACKED LUNCH.

WE WILL THEN BE ALLOCATED TO ONE OF TWO ESCAPE ROOMS; WILL IT BE WIZARDRY OR PRISON BREAK!  
WE WILL HAVE 90 MINS TO ESCAPE BEFORE GETTING THE BUS BACK HOME!



**ESCAPE**

# WEEK 4 - W/O 29TH JULY

## TUESDAY 30TH JULY

**LUNCH**  
12-1PM  
£5



YOUNG PEOPLE CAN JOIN US FOR LUNCH IN THE YOUTH HUB, EITHER BEFORE THE AFTERNOON SESSION OR FOLLOWING ON FROM THE MORNING.  
**LUNCH NOT PROVIDED.**

## READY, STEADY, COOK!

1-3PM  
£10



JOIN FOR FOR OUR OWN READY, STEADY COOK!  
YOUNG PEOPLE WILL WORK IN TWO TEAMS TO CREATE A DELICIOUS MENU USING THE PROVIDED INGREDIENTS.  
FOOD CAN BE EATEN DURING THE SESSION OR TAKEN HOME.

## WEDNESDAY 31ST JULY

**SOUNDLAB (TBC)**



10-12:30PM  
£12.50

JOIN US FOR A FUN SESSION WITH THE SOUNDLAB, GLASGOW! LEARN ALL ABOUT MAKING AND RECORDING YOUR OWN PODCAST WITH PROFESSIONAL EQUIPMENT!  
DETAILS TBC. HOLIDAY HANGOUT AS ALTERNATIVE ACTIVITY.

## SUMMER PARTY

1.30PM-4PM  
£12.50



A FUN CELEBRATION AS WE NEAR THE END OF SUMMER. USING OUR WONDERFUL GARDEN TO MAKE SOME FOOD, PLAY SOME GAMES AND SPEND QUALITY TIME AS A GROUP.



## THURSDAY 1ST AUGUST

**GLASGOW**  
9.45AM-4.45PM  
£35

**DROP OFF AND PICK UP AT BROXDEN P&R**  
WE WILL TRAVEL BY BUS TO GLASGOW.

THIS IS A DAY FOR OUR YOUNG PEOPLE TO EXPLORE A CITY, SEE THE SIGHTS AND DO SOME SHOPPING.

THERE IS NO SET AGENDA FOR THIS TRIP, AND THE YOUNG PEOPLE ARE WELCOME TO BUY THEIR OWN LUNCH.

STAFF WILL BE SUPPORTING THE YOUNG PEOPLE THROUGHOUT.



# WEEK 5 - W/O 5TH AUGUST

## TUESDAY 6TH AUGUST

**LUNCH**  
12-1PM  
£5



YOUNG PEOPLE CAN JOIN US FOR LUNCH IN THE YOUTH HUB, EITHER BEFORE THE AFTERNOON SESSION OR FOLLOWING ON FROM THE MORNING.  
**LUNCH NOT PROVIDED.**

## READY, STEADY, COOK!

1-3PM  
£10



JOIN FOR FOR OUR OWN READY, STEADY, COOK!  
YOUNG PEOPLE WILL WORK IN TWO TEAMS TO CREATE A DELICIOUS MENU USING THE PROVIDED INGREDIENTS.  
FOOD CAN BE EATEN DURING THE SESSION OR TAKEN HOME.

## WEDNESDAY 7TH AUGUST

**HOLIDAY HANGOUT**  
10AM-12.30PM  
£12.50



AN OPPORTUNITY TO RELAX, HAVE FUN, SOCIALISE AND BE THEMSELVES!  
EACH WEEK, THE GROUP WILL DECIDE WHAT THEY WOULD LIKE TO DO; PLAY GAMES, GO INTO TOWN, WATCH A MOVIE ETC WITH SUPPORT OF PAS STAFF.

## ICE CREAM AT THE INCH

1.30PM-PM4  
£12.50



WE WILL MEET AT PAS AND WALK TO THE SOUTH INCH TO GET AN ICECREAM WHERE WE CAN CHILL OUT AND ENJOY THE SUN, BEFORE HEADING BACK TO PAS.



## THURSDAY 8TH AUGUST

**ST ANDREWS**  
9.40AM-5PM  
£35



**DROP OFF AND PICK UP AT PAS**  
WE WILL TRAVEL BY BUS TO ST ANDREWS TO SPEND THE DAY AT THE BEACH!  
WE CAN HAVE A WANDER THROUGH THE TOWN AND SPEND TIME TOGETHER AT THE BEACH.

WE WILL FINISH THE DAY WITH AN ICE CREAM FROM PAS, BEFORE GETTING THE BUS BACK TO PERTH.

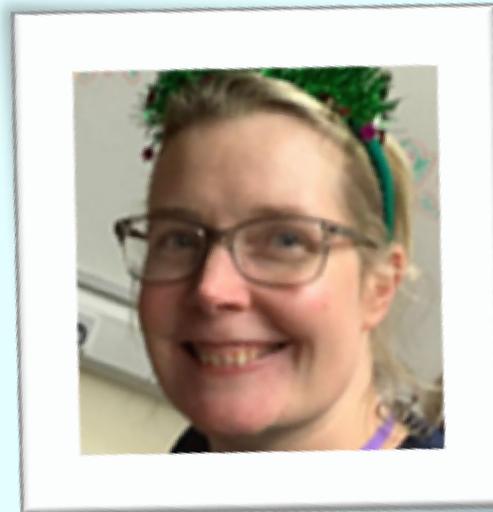


Beach 

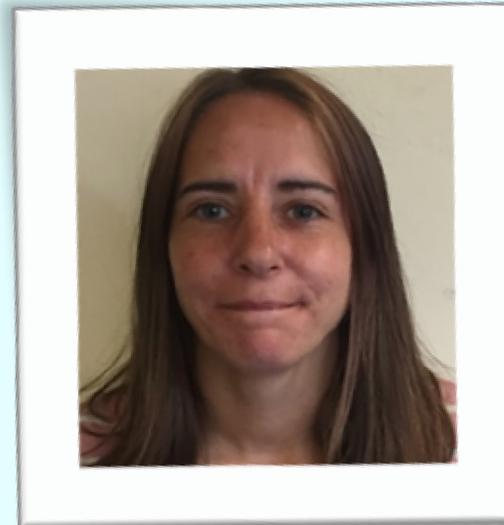


# MEET THE TEAM

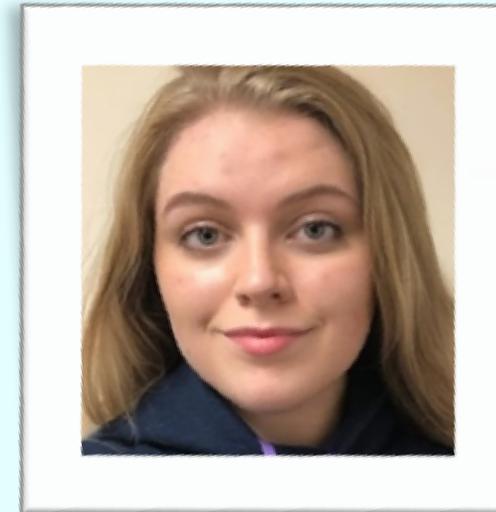
## TRANSITIONS- ENGAGE



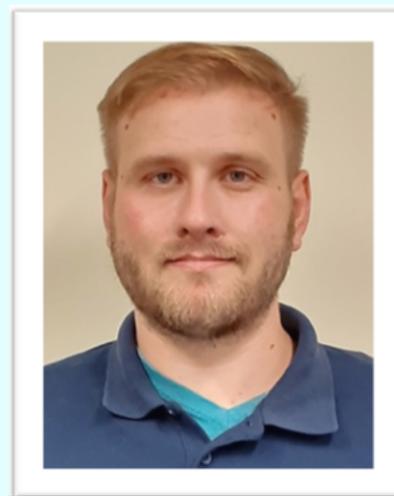
LISA



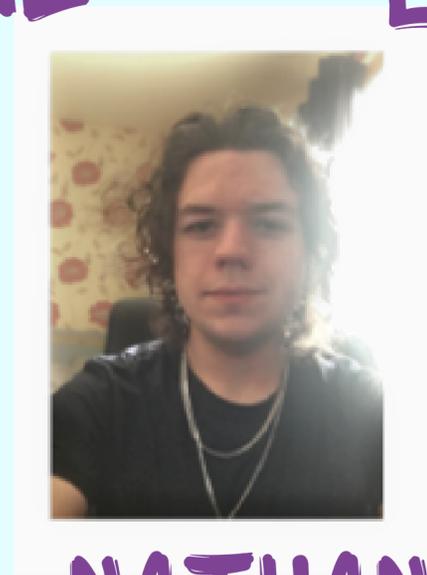
CASSIE



LAURA



JOSS



NATHAN

If you have any questions regarding the programme, please contact

[transitions@perthautismsupport.org.uk](mailto:transitions@perthautismsupport.org.uk)

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# ADDITIONAL INFORMATION

- ALL SESSIONS WILL BE DROP OFF AND PICK UP FROM PERTH AUTISM SUPPORT UNLESS STATED OTHERWISE. FOR ALL DAY TRIPS PLEASE CHECK THE TRIP INFORMATION ABOVE FOR WHERE TO DROP OFF AND PICK UP
- ON OUR DAY TRIPS WE WILL BE TRAVELLING BY PUBLIC BUSES THEREFORE PLEASE ENSURE YOUR YOUNG PERSON BRINGS THEIR BUS PASS. IF YOUR YOUNG PERSON DOES NOT HAVE A BUS PASS, PLEASE GET IN TOUCH AND WE CAN SUPPORT YOU IN APPLYING. ALL YOUNG PEOPLE UNDER 22 IN SCOTLAND ARE ENTITLED TO FREE BUS TRAVEL
- IF YOUR YOUNG PERSON IS NEW TO THE TRANSITIONS SERVICE WE WILL BE IN TOUCH TO ARRANGE A MEETING WITH STAFF PRIOR TO THEIR FIRST SESSION

PLEASE SEE ATTACHED FAQ'S OR GET IN TOUCH WITH ANY QUESTIONS.

WE LOOK FORWARD TO SEEING YOUR YOUNG PERSON THIS SUMMER!

