

ASN Leisure

OPPORTUNITIES



Summer 2021

collated by Tailor Ed Foundation

Contents

ASN events explained	3
Local attractions	5
Activities and workshops	6
Nature	9
Events	11
About Tailor Ed	12

The information provided in this booklet was accurate at the time of printing (July 2021). However, these events may be subject to change, so it is always best to double-check their accuracy nearer the time. We have included links and contact information for each event.

The information provided in this booklet is to be used at your discretion. We cannot guarantee that the events listed will be accessible to your family's needs.

ASN events explained

Why ASN?

Additional Support Needs (ASN) refers to anyone who has different needs beyond what is generally provided for. This can include children with autism. What is interesting and motivating at an event may be different for a child with ASN and influence how they want to engage with and enjoy a leisure experience. Understanding what's going on in busy public places and communicating with unfamiliar people can also be a challenge for those with communication difficulties. Successful outings also tend to rely on some everyday skills such as waiting and sitting still which can be hard for a child with ASN. Many people with ASN also process sensory information differently. Any of the senses may be affected, and in different ways depending on the circumstance. Often environments where events are held are busy and noisy and so can feel overwhelming. Because of all these things children with ASN may need those organising events to make some simple adjustments so that they can access activities.

What can I expect at an ASN friendly event?

There are a number of accommodations that can generally be made to make events accessible for those with ASN. This can include low level lighting, reduced noise, minimized numbers in attendance, preparatory material such as maps of the venue, details of what to expect during the event, and visual aids. Some places provide prepared social stories, sensory backpacks, and quiet spaces.

Different venues/events will be able to make different types of accommodation and each child will have their own specific needs to be met. We hope that by providing a listing of the opportunities around this summer, you'll be able to find some things that are the right fit for your family.

ASN events explained

What can I do/ask for when attending any leisure activity?

ASN friendly events are really helpful but please don't feel limited to those activities which specifically call themselves that. We've worked with lots of families on getting out and enjoying leisure activities in their community. Below are some useful things to think about to help make any outing a success.

Planning

Pop along to the venue yourself if possible to scope it out, use Google maps, ask online networks how other families have found it. Knowing what to expect can help predict the challenges and solutions. Some children will benefit from seeing where they're going ahead of time too.

Think what might help

It can be hard to identify what can help and it can require a bit of thinking outside the box. Things we've found that can make a big difference include eliminating/minimising queuing and waiting, bringing some familiar things with you and knowing that you can bend some social rules if needs be, such as leaving for a short break during a performance.

Just ask

If you think you've come up with something that could help don't assume it can't be done! Lots of venues want to be more inclusive, they just don't know how. You'll be giving them ideas that could benefit others too. It may not always be possible but it's worth asking. We're happy to make enquiries on behalf of families too if that's helpful.

Local attractions

General information

Camera Obscura, Edinburgh Castle, Edinburgh Zoo, Dynamic Earth and many others are amazing places where having fun and learning go together. Most of these attractions have free entry for carers and/or discounts for people with additional needs. To help plan your day, VisitScotland has a website, email and office with all the information about every attraction, so you don't need to contact every single one.

<https://www.visitscotland.com/>
info@visitscotland.com



BobCat
AlpaCas

Bobcat alpacas

This peculiar farm of alpacas is based near the city. It is just a short walk from the Bonaly carpark entrance to the Pentlands. They have welcoming staff and give you an opportunity to get close to the Alpacas, walk with them and pet them.

Jupiter Artland

Enjoy a day out mixing nature and art. Jupiter Artland is based next to the airport, with local buses running every 30 minutes. There you will find fabulous open spaces, with artistic installations for you to explore and enjoy with no time limit.



Activities and workshops

Cinema

During autism-friendly screenings, the lights are left on low, the sound is turned down and trailers and adverts aren't played. When you book tickets for an autism-friendly screening, you'll be asked to choose seats, but guests are welcome to move around during the screening and make a bit of noise. Vue Edinburgh Omni Centre hosts an autism-friendly screening at 10am on the last Sunday of every month.

CineWorld runs one on the first Sunday of the month.

To search for whether a film is Autism Friendly or not you can use <https://accessiblescreeningsuk.co.uk/> to help you. You can either filter your search by Autism friendly or find the logo AF below the timeslot of the screening.



Contact Us 

[About Us](#) [Types of Screenings](#) [Certification](#) [CEA Card](#) [News](#) [FAQs](#) [Cinema Information](#)

Find:



Hey Duggee at The Movies

U

Sunday, 27 June 2021

10:15



Activities and workshops

Swimming lessons

ASN swim classes are available across a variety of Edinburgh Leisure pools in the city, and are mostly run on Fridays and Saturdays. Swim instructors are not provided, so if your child requires this level of support, a parent/guardian/carer will be required to be in the water with them. Pools that provide ASN classes for beginners to intermediate are:

Drumrae Leisure Centre
Portobello Swim Centre

The logo for Edinburgh Leisure, featuring a white swoosh above the text "Edinburgh Leisure" in white, all on an orange rectangular background.

Edinburgh Leisure

Furthermore, Edinburgh Leisure Centres have family swimming sessions where up to 5 members can spend time in the water together. Find more information at:

<https://www.edinburghleisure.co.uk/activities/swim/types-of-swimming>



Activities and workshops

AquaDash

Based in the Commonwealth Pool, AquaDash is a fantastic inflatable playground on water. This is not specifically designed for people with ASN, but can be lots of fun for all the family: sliding, climbing and bouncing around the course. This is available from the age of 6 and every session lasts for 45 minutes. For more information, check the link below:

<https://www.edinburghleisure.co.uk/aquadash>



Get into summer

GET
INTO
SUMMER

City of Edinburgh Council has a Get into Summer programme with a wide variety of opportunities available across the city this summer. These include sport and outdoor learning activities, youth work activities, arts, culture, heritage and more. All activities are free and they can also help with transport costs. To find out more about what is happening near you browse at

<https://www.edinburgh.gov.uk/get-summer>.

Nature

Walking routes

The city of Edinburgh and surrounding areas hide many green paths, parks and beaches. A change in scenery in a forest, beach or meadow can make for a lovely day out for a walk, or a picnic and a bit of nature. Walk Highlands is a website where you can find most paths in Scotland, organized by grade, length and time. Click on the map to see what area you can explore, find reviews from previous visitors and what facilities there are on the walk.

<https://www.walkhighlands.co.uk/lothian/>

Dalmeny Estate: Queensferry to Cramond Brig

A linear walk from the harbour town of South Queensferry through the wooded seaside estates of Dalmeny House and Barnbougie Castle to Old Cramond Bridge and the River Almond; both ends of the route are accessible by public transport.

TERRAIN

Surfaced roads and pavement and aggregate footpaths.

PUBLIC TRANSPORT

Train to Dalmeny Station, South Queensferry; bus stop at Cramond Brig at end of route.

START

Dalmeny Station, South Queensferry. [Open start point in Google Maps for directions.](#)

USERS' REPORTS

Walk Statistics

Distance10.5km / 6.5 miles
Time2.5 - 3 hours
Ascent98m ([Profile](#))
Start Grid RefNT178755

Mapping and GPS

-  [View / print our online route map](#)
-  [Download GPX Waypoints - GPX](#)
-  [Download KMZ \(Google Earth file\)](#)
-  [Buy Explorer 350 - Edinburgh](#)
-  [View nearby walks](#)



Nature

Bike and Cycling

Edinburgh has a great network of quiet and easy cycle paths, disused railway lines have been turned into traffic-free shared bike paths so it's possible to do a full loop of the city almost entirely off road. These paths are great for walks and bike rides.

<https://www.edinburgh.gov.uk/cycling-walking/explore-quietroutes/1>
www.cycling-edinburgh.org.uk/bike-paths.htm



To make the adventure accessible to everyone, several businesses rent adapted bikes, tandems, tag-a-long and even e-bikes with trailers covering the needs and abilities of every kid.

<https://tartanbiketours.co.uk/bike-hire/>
www.cyclescotland.co.uk/bike-rental.html
<http://leithcycleco.com/products/bicycle-hire.htm>

Also, look out for organisations running cycling workshops as Fabb bikes in Callander. <http://www.fabb.org.uk/fabb-bikes.html>

Events



SAT 26 JUN - SUN 11 JUL



16 - 25 JULY



7 - 29 AUGUST



14 - 30 AUG 2021



18 - 25 AUGUST 2021

About Tailor Ed

Tailor Ed is a small independent charity that supports families who have a child with autism, up to 16 years of age within the city of Edinburgh and East Lothian. Our wish is to see children with autism and their families empowered and included, able to live the lives they want to and access all the day to day experiences that other families take for granted. It's with this vision in mind that we have created this listing of summer events.

We are currently open to new referrals for our Early Years Service. Children living in either the city of Edinburgh or East Lothian with a diagnosis of autism beginning their pre-school year in August 2021 are eligible. Please see here for further information:

<http://tailoredfoundation.co.uk/early-years-service/>

Contact Us

Tailor Ed Foundation
11 Maritime Street
Edinburgh
EH6 6SB

contact@tailoredfoundation.co.uk
<http://tailoredfoundation.co.uk/>
<https://www.facebook.com/tailor.ed.1>