

A photograph of three children swinging happily on a yellow and green playground set. The child in the foreground is wearing a bright yellow shirt and is captured mid-swing, reaching up. Behind them, another child in a black shirt is also swinging, and a third child in a green shirt is visible. The background shows a chain-link fence and a wooden building under a clear blue sky. The entire image is framed by a white rounded border.

# ASN Leisure

OPPORTUNITIES

Summer 2022

collated by Tailor Ed Foundation

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The information provided in this booklet was accurate at the time of printing (June 2022). 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 autistic children. 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.

# Getting active and sports

## General information

Across the City of Edinburgh and East Lothian there are multiple centres and organisations where families and kids can enjoy getting active and having fun. Some of the groups and courses are especially dedicated to people with additional supports and needs, and some others work closely with parents to ensure their kids enjoy activities in a mainstream group.



## Swimming lessons

ASN swim classes are available across a variety of Edinburgh Leisure pools in the city. If your child requires support in the water, a parent/guardian/carer will be asked to be in the water with them. Pools that provide ASN classes for beginners to intermediate are:

- |                                    |   |
|------------------------------------|---|
| <b>Ainslie Park Leisure Centre</b> | - <b>skills 1, skills 1 +</b>                                     |
| <b>Drumrae Leisure Centre</b>      | - <b>skills 1, skills 1+, skills 2</b>                            |
| <b>Gracemount Leisure Centre</b>   | - <b>skills 1 ASN 1:1</b>   |
| <b>Portobello Swim Centre</b>      | - <b>skills 1, skills 1+, skills 2, skills 3</b>                  |
| <b>Queensferry High School</b>     | - <b>beginners 1, beginners 2</b>                                 |
| <b>Royal Commonwealth Pool</b>     | - <b>skills 1, skills 1+, skills 2, skills 3</b>                  |
| <b>Warrender Swim Centre</b>       | - <b>skills 1, skills 1 (1:4) , skills 1+, skills 2, skills 3</b> |

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>

# Getting active and sports

## ASN Junior Squad

**Craiglockhart Leisure and Tennis Centre.  
Sundays 12-1pm**

The ASN Squad is a tennis session tailor-made for juniors, aged between 5 and 18 years, who are living with a learning disability or sensory impairment. <https://preview.edinburghleisure.co.uk/disability-tennis>



## 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>

# Getting active and sports

## Venturing Out

Venturing out is a Non Profit Company offering mainstream and ASN adventurous activities to East Lothian Families. They have a big selection of activities such as paddling, coastering, climbing, water activities, hiking, etc. Feel free to talk to a member of staff to see which group is best for your child. They are happy to work on transitions from ASN to mainstream groups if your child could benefit more from those. Mainstream activities are open to everyone (not restricted to East Lothian).

<https://www.venturingout.org.uk/>



**Venturing Out**  
OUTDOOR ADVENTURES FOR ALL

## Ride a bike: balance bike

Bridgend Farmhouse and A Wee Pedal are running workshops for kids up to the age of 6 who wants to learn how to ride a bike, starting by using balance bikes. The group is open to everyone but limited to 4 kids per session, so the attention and learning can be tailored to your child's needs. Their next sessions are on **June: 10th, 17th; July 22nd, 29th; August: 5th, 12th 19th, 26th** with a cost of £2 per session. Must be booked through Bridgend Farmhouse: [roz.angus@bridgendfarmhouse.org.uk](mailto:roz.angus@bridgendfarmhouse.org.uk)



# Getting active and sports

## Moving well - adapted bikes at Thistle Foundation

Thistle Foundation is running cycling sessions for those new to a bike or those who haven't been on a bike for a while. They have adapted and engineered bikes to make cycling accessible to everyone. For further information, email them at: **thistleoutdoors@thistle.org.uk**

They run sessions on:

### **Thistle Foundation Queens walk Craigmillar**

Tuesday afternoons from 1pm to 4pm

### **Saughton Park**

Thursday afternoons from 1pm to 4pm

Sunday mornings from 10am to 12pm

## Lothian Disability Sport

LDS run a comprehensive sports specific programme which allows approximately 1500 young people and adults with a disability the opportunity to take part in sport each year. They run several regional competitions and enter Lothian teams into all the major national Scottish Disability Sport events, where they have a tremendous record of achievement.

They offer several sport & clubs such as Football, Rugby, Cycling, Walking, Fencing, Archery, etc. Follow them on Facebook or Twitter to know more about their activities and events.



<http://www.lothiandisabilitysport.co.uk/>

# Getting active and sports

## Sensory sessions at Ninja Warrior



Their brand new sensory sessions are designed to welcome those with any additional needs, with access to their new sensory room!

Socks are included in the cost to make things easier upon entry; chilled out music; lower capacity, slower rules in place; less flashing lights; and full access to the park.

**Thursdays at 11am**

<https://ninjawarrioruk.co.uk/edinburgh/>

## Trampoline Parks

Several Trampoline Parks across Lothian offer relaxed sessions adapted to people with additional needs. They lower the music and up the lights to create a more comfortable environment; they limit the capacity and have shorter queues.

**Gravity Edinburgh** - SEN sessions at Fountain Park

**Jump in** - Relax sessions at Musselburgh

**Xtreme trampoline park** - Rainbow sessions at Glenrothes

**Airthrill** - ASN session at Falkirk



# Getting active and sports

## Trampoline course

This is a mixed ability level Trampoline class aimed at school age participants with Additional Support Needs. They will learn fundamental trampoline skills and have the opportunity to build on skills ability, confidence, friendships and have FUN! Some classes require an adult/carer to attend with the trampolinist and some are independent.



### **Gracemount leisure centre**

Trampoline ASN  
Tuesday and Friday

<https://www.edinburghleisure.co.uk/activities/coaching-courses/trampoli>

# 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](mailto:info@visitscotland.com)



## 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.



Staff are welcoming and will try to accommodate any need during the visit.

# Getting active and sports

## ASN Soft play at Time Twisters, Edinburgh

Welcoming families to Time Twisters on the last Wednesday of every month! These sessions are from 4pm-5.45pm and they are not open to the general public, therefore it creates a quieter play session for children and families who may find it difficult to access mainstream provisions. Siblings and friends are also welcome to attend. A member of Tailor Ed staff will be present at these sessions to provide support and run some small group games for anyone interested.

Time Twisters, Edinburgh EH11 4EJ

<https://tailoredfoundation.co.uk/time-twisters-autism-friendly-play-session/>

## Soft play at WhiteKirk hill, East Lothian

Recently opened, The Playbarn is a large indoor play area designed for kids to explore and unleash their imagination. They offer a quiet time, with restricted capacity to ensure that those with additional needs could fully enjoy the play areas. Those sessions are run on Tuesdays at 3pm.

<https://www.whitekirkhill.co.uk/play/>



# The Yard



## General information

The Yard is back open again to all families. The Yard is a charity supporting disabled children and young people aged 0-25 through adventure play. Since 1986, they have been offering creative and inclusive play experiences in a well-supported environment, alongside wraparound support for the whole family.

The Yard creates beautiful havens for play for disabled children, opportunities for fun, friendship and community building. Somewhere to feel safe to take risks.

They also offer training courses for parents and professionals, digital sessions to have fun from home, group sessions organized by age, teen clubs and young adults clubs.

<https://www.theyardscotland.org.uk/the-yard-edinburgh>



# 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:

- ODEON Fort Kinnaird
- Picturehouse - The Cameo, Edinburgh
- Vue - Edinburgh



Boonie Bears: Back to Earth

PG

Sunday, 29 May 2022

10:30



# Activities and workshops

## Theater and drama class for people with Additional Need

LYT Access youth theatre classes are specifically designed for young people with additional needs aged between 7-16 who may benefit from a more relaxed youth theatre environment. This summer the Lyceum Theatre will be holding trial sessions for participants to test out the drama classes before their September Launch!

Saturday 11th of June - 3.45-5.30pm (These are relaxed start and end times, the actual session will run from 4.15-5.00pm).

<https://lyceum.org.uk/whats-on/production/lyt-access-relaxed-youth-theatre-trial>



# Activities and workshops

## Performances and theatre at Edinburgh Fringe

Relaxed performances, sometimes referred to as sensory-friendly or autism-friendly performances, are designed to make the experience of visiting venues and seeing a show more comfortable and fulfilling for autistic people.

Many are the adaptations that make a show "relaxed" such as using social stories, characters being introduced at the beginning of the act, open door policy, soft sensory impact. Check the Fringe website to know more about "relaxed performances".

<https://www.edfringe.com/take-part/putting-on-an-accessible-show/relaxed-performances>



**5 - 29 AUGUST 2022**

Filter your results: (26 Results)

Show / performer →	Accessibility
How to watch →	<input type="checkbox"/> Captioning
Category and genre →	<input type="checkbox"/> Signed Performance
Suitability →	<input type="checkbox"/> Wheelchair Access
Date and time →	<input type="checkbox"/> Wheelchair Accessible Toilets
Venues / nearby events →	<input type="checkbox"/> Audio Description
Recently added →	<input checked="" type="checkbox"/> Relaxed Performance
Accessibility Relaxed Performance →	<input type="checkbox"/> Audio Enhancement System

# 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 Barnbougle 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

Distance .....10.5km / 6.5 miles  
Time .....2.5 - 3 hours  
Ascent .....98m ([Profile](#))  
Start Grid Ref .....NT178755

#### Mapping and GPS

-  [View / print our online route map](#)
-  [Download GPS 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 Edinburgh 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](http://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 child. Hugbike or boddybike are designed to enable the use of a bicycle to people with autism, down syndrome, fragile X syndrome, blindness or other disabilities. Thanks to its unique long handlebars, hugbike lets the driver sit at the back and direct the bike, while the passenger at the front can relax and enjoy the ride in total safety.

<https://tartanbiketours.co.uk/bike-hire/>  
[www.cyclescotland.co.uk/bike-rental.html](http://www.cyclescotland.co.uk/bike-rental.html)  
<http://leithcycleco.com/products/bicycle-hire.htm>  
<https://edfoc.org.uk/cargo-bike-hire/>

## Events



**SAT 18TH JUNE 2022**



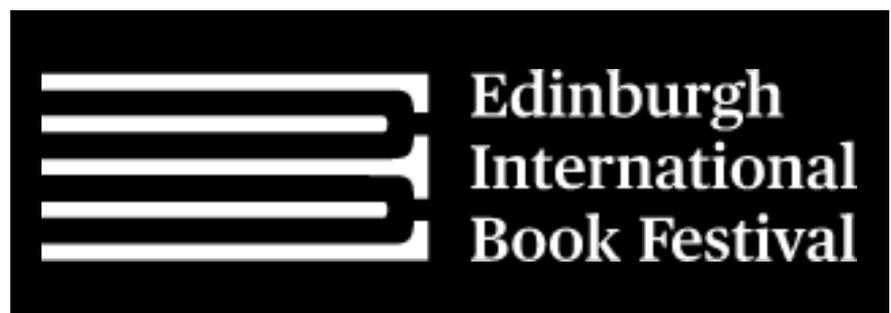
**5 - 29 AUGUST 2022**



**5 - 28 AUGUST 2022**



**15 - 24 JULY 2022**



**13-29 AUG 2022**



**12- 20 AUGUST 2022**

# About Tailor Ed

Tailor Ed is a small independent charity that supports families who are raising an autistic child , up to 16 years of age within the city of Edinburgh and East Lothian. Our wish is to see autistic children 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.

## Contact Us

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



# Tailor Ed

## Foundation