

A photograph of a child in a blue patterned jacket reaching up towards large, iridescent bubbles. The bubbles are filled with various colors and reflect the surrounding environment. In the background, other people are visible but out of focus.

ASN Leisure

OPPORTUNITIES

Summer 2023

collated by Tailor Ed Foundation

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The information provided in this booklet was accurate at the time of printing (June 2023). 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.

North Merchiston Club

New ASN soft play sessions on Fridays from 12:30pm to 2:30pm.
Drop in sessions for £3 per child



AirThrill

ASN sessions on Thursdays at 5pm and
Sundays at 10am. Their ASN sessions feature
no music and reduced lighting to avoid glare.
Carers also go free during these sessions

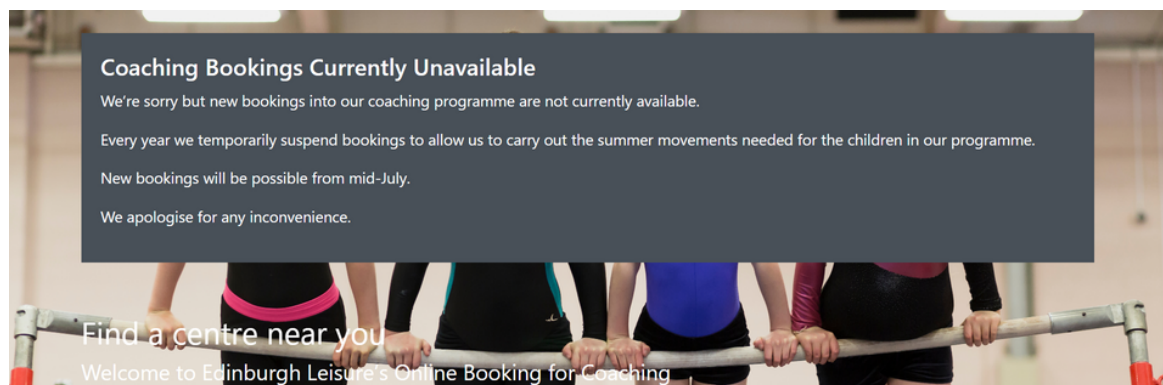
<https://airthrill.co.uk/visit-edinburgh/edinburgh-activities/>



Getting active and sports

Edinburgh Leisure

Edinburgh leisure Centres offers multiple activities and courses especially planned to be ASN inclusive. As of June '23, bookings through the website are temporarily suspended. They will resume open again on Mid-July '23 with new groups, classes and activities. Drop-in sessions, Softplays, AquaDash, and family swimming still available as always.



Follow the link to book your coaching groups from Mid-July onwards:

<https://edinburghleisure.courseprogress.co.uk/onlinejoining/home>

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>

Boccia at Gracemount Leisure Centre

Players propel a boccia ball by rolling, throwing or kicking it towards the jack ball. As an activity, boccia is similar to boules or petanque but uses a soft leather ball, which means, it can be played anytime and anywhere.

For more information contact ASNcoachingGLC@edinburghleisure.co.uk

Tuesdays 18:30 to 19:15 for P3+

Getting active and sports

Family Fun Swimming at Gracemount Leisure Centre

Gracemount Leisure Centre runs ASN Family Fun sessions at their pool on Sundays. The pool will be close to the general public, and they offer a choice of three 45 minute slots:

13:45, 14:45 and 15:45

To book these sessions families or organisations can email Craig Cassidy at asncoachingglc@edinburghleisure.co.uk who will then make the necessary bookings. Customers can also message Sara Kemp at sarakemp@edinburghleisure.co.uk, and she will then add families to the database. This means that they will then receive an email when the next block of bookings open.

They are currently taking bookings for June and July.



Getting active and sports

Clip 'n Climb at Edinburgh International Climbing Arena, Ratho

A great adventure for children (aged 4+) and adults is waiting at Clip 'n Climb, inside Europe's biggest climbing arena. Challenge yourself or your family with 15 elements and 19 climbing routes providing a range of features and levels suitable for children and adults.

<https://www.edinburghleisure.co.uk/activities/family-clip-n-climb>



ASN Active Playing

ASN Active Play sessions are for children aged 5-12 with additional support needs. These unstructured sessions give children the chance to explore different sports and sports equipment at their own pace, while developing balance, co-ordination, and agility, increasing their self-confidence, developing social skills and most importantly, having fun!

Ages: P1-P3 and P4-P7

Session Length: 45 minutes

Available at Meadowbank Sports Centre

Getting active and sports

AquaDash

Based in the Commonwealth Pool and Ainslie Park, 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>



When available, Edinburgh Leisure offers the following ASN activities:

Swimming lessons Swim Skills ASN at Drumbrae and Portobello.

Boccia at Gracemount Leisure Centre Tuesdays 18:30 to 19:15

Tennis ASN Junior Squad Sundays 3-4pm at Craiglockart Tennis club

Trampoline mixed ability Trampoline classes at Gracemount Leisure Centre

ASN Active Play - Multi-Sports for ages 18m-P7 at Meadowbank Leisure Centre

<https://www.edinburghleisure.co.uk/additional-support-needs>

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, coasteering, 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/>



Ride a bike: Charlotte Tandem

The wonderful charity **Charlotte Tandem** lends, at no cost, Tandem bikes and tag-along bikes for people with disabilities and/or additional needs for then to enjoy the wonders of cycling safely.



More information at <http://charlottestandems.weebly.com/>

Getting active and sports

Bike and Cycling off road

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



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 boddypike 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://leithcycleco.com/products/bicycle-hire.htm>
<https://edfoc.org.uk/cargo-bike-hire/>

Getting active and sports

Moving well - adapted bikes at Thistle Foundation

Thistle Foundation hosts drop-in accessible cycling sessions at Saughton Park on Thursdays 1-4pm and Sundays 10am-12noon.

To find out more about our cycling sessions, email thistleoutdoors@thistle.org.uk

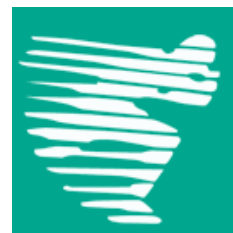
A Wee Pedal

A Wee Pedal and Bridgend Farmhouse run All Inclusive Social Family Bike rides on Fridays 2-4pm. These sessions are free but a donation to Bridgend Farmhouse is always appreciated. Hybrid and "Step-through" E-bikes can both be borrowed.

Over the summer, they are offering the following sessions and please email admin@bridgendfarmhouse.org.uk to book in advance:

July: 7th, 14th, 21st, 28th

August: 11th, 18th, 25th



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

Walking routes

The city of Edinburgh and surrounding areas have 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 Barnbogle 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 GPS Waypoints - GPX](#)



[Download KMZ \(Google Earth file\)](#)



[Buy Explorer 350 - Edinburgh](#)



[View nearby walks](#)



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/>

Innoflate Livingston

This recently opened indoor inflatable obstacle course offers Relaxed sessions from 4pm - 6pm every Monday

<https://innoflate.co.uk/livingston-2/>



Getting active and sports

Trampoline Parks

Several Trampoline Parks across the Lothians 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 3 times a week at Fountain Park
<https://www.gravity-uk.com/fountain-park-edinburgh/activities/sen-sessions>

Jump in - Relax sessions at Musselburgh, Wednesday at 5pm
<https://www.gojumpin.com/news/sen-sessions-at-jump-in-edinburgh/>

Xtreme trampoline park - Rainbow sessions at Glenrothes
<https://xtremetrampolinepark.co.uk/rainbow-sessions/>

Ryze Edinburgh - Carers entry for free - <https://www.ryze.co.uk/ryze-edinburgh>



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. The cost is £2 per child (no booking required).

Time Twisters, Edinburgh EH11 4EJ

<https://tailoredfoundation.co.uk/2023time-twisters-monthly-autism-friendly-play-sessions/>

Other Soft Play centres

Conifox Adventure Park

<https://www.conifox.co.uk/>

Ocean Terminal Soft Play

<https://www.oceanplaylimited.co.uk/>

Dobbies Garden Centre Soft Play

<https://www.dobbies.com/soft-play>

Whitekirk Hill

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

Scrambles Soft Play at EICA Ratho

<https://www.edinburghleisure.co.uk/activities/soft-play/scrambles>

Wonderworld

<https://www.wonderworldsoftplay.co.uk/uk/edinburgh/>



The Yard



General information

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.

Whilst some of their youth clubs are fully subscribed, they offer drop-in Family Play Sessions for children age 0-18 and their families every weekend - contact them directly for further details on how to register for these.

<https://www.theyardscotland.org.uk/family-session>



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.

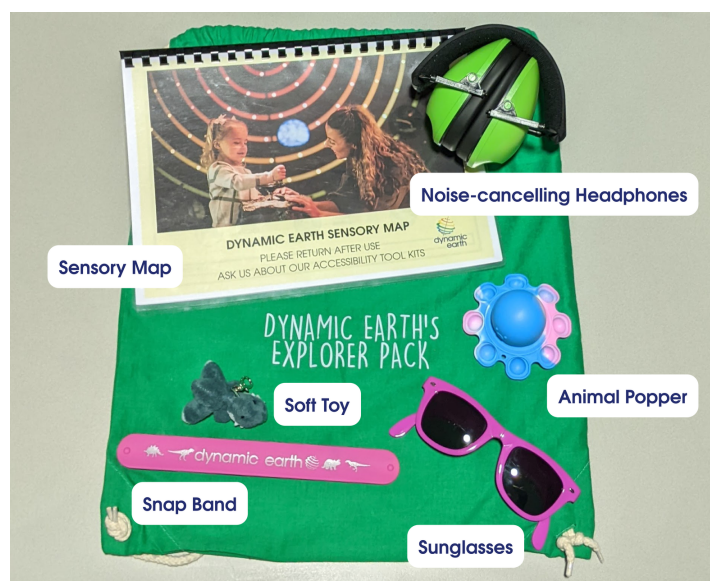
<https://www.visitscotland.com/>
info@visitscotland.com

Dynamic Earth

Dynamic Earth is an interactive science centre and visitor attraction which enables visitors to explore Earth's history. Visual displays, lights, sounds, movement and temperature changes create a vibrant experience. Being multi-sensory it can be challenging for some people to stay focussed and relaxed

The Accessibility Toolkit is designed to be used before, during and after a visit. The resources include:

- Social Story (2 versions)
- Now and Next symbols
- Explorer cards
- Gallery Guide (2 versions)
- Sensory Bags



Activities and workshops

WHALE Arts

Since being set up by local people in 1992 WHALE Arts has firmly established itself as the cultural anchor organisation for Wester Hailes, Edinburgh. They run “Play Sense Create and Explore Art” sessions for children with ASN (age 5-16) and their families on Saturdays (from June onwards). This accessible multi-arts project runs 1:1 and small group supportive sessions for participants and their families, offering messy art, sensory play, music, film, photography and fun.

Email play-sense-create@whalearts.co.uk to book your place.



The VIP Club - Forest for All

The VIP Club offers structured groups for children aged 0 – 5 years old with additional support needs. The group sessions are carefully designed to support each child's development in a variety of areas. They sessions only run during school term.

During the summer and holidays, they organise Forest for All, an interactive family session for children of 12 and under. They take place on the second Saturday of every month from 10am to 12pm. Booking is essential.

thevipclub17@gmail.com
<https://www.facebook.com/thevipclub17>

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:	<input type="text" value="Edinburgh"/>	<input type="text" value="Hey duggee"/>	<input type="text" value="Autism Friendly (AF)"/>	<input type="button" value="SEARCH"/>
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ODEON Fort Kinnaird



Picturehouse - The Cameo, Edinburgh



Vue - Edinburgh



Puss in Boots: The Last Wish

PG

Sunday, 25 June 2023

10:30



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>



4 - 28 AUGUST 2023

Filter your results: (26 Results)

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

Events



4 - 28 AUGUST 2023



4 - 27 AUGUST 2023



14 - 23 JULY 2023



12-28 AUG 2023



18 - 23 AUGUST 2023

Make your activities more ASN friendly

Provide clear information

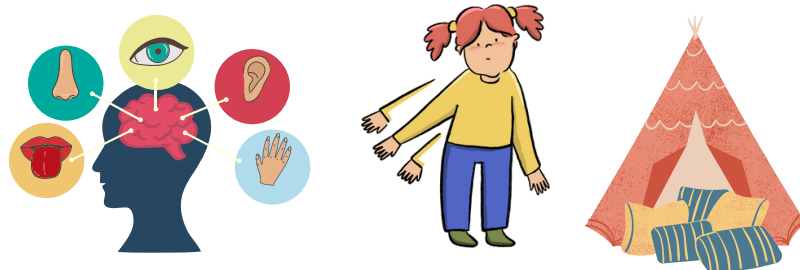
- A picture paints a thousand words!
- Making a short video about your activity can be really helpful.
- Let children see where they'll go and who they'll meet.
- Be clear on times (start, breaks and finish)
- Inform about what to expect

This helps children to feel prepared and confident. It also helps us to predict and prevent potential challenges.

Be aware of sensory differences

- Children may like or dislike certain lights, sounds, smells...
- Busy environments can be overwhelming – are numbers limited, is there a breakout space?
- They might enjoy games and toys in different ways, celebrate it with them.

Neurodivergent people might perceive stimuli in a different way, be open to explore it with them



Communication

Think about how a neurodivergent person could interact with others independently, using visuals, sound buttons or gestures.

- Visuals and social stories
- Videos
- Visual menus or sound buttons
- Use clear communication



Communicate in the positive

- Focus on what you'd like children to do rather than what not to do
- Use models/demonstration
- Limit verbal explanation

Ex: kick the ball slowly; like this (demonstration).
Instead of: Don't kick the ball too hard or you can hurt other people that are standing over there.

Teach one step at the time

- Break activities down into small steps
- Include movement breaks
- Give clear and positive feedback
- Plan how to merge all the steps

Keeping new things 'errorless' to begin with to build confidence
Use levels starting with the simplest version of the activity



Be open to suggestions

- Listen to neurodivergent people
- Be open mind to other ways of playing and interacting.
- Be open to parents' advice
- Let them know that you are there to help when needed.



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

Tailor Ed Foundation

18 Forth St,

Edinburgh

EH1 3LH

Tel Enquiries: 07842104368

<https://tailoredfoundation.co.uk/>



Tailor Ed

Foundation