



PERTH AUTISM SUPPORT

TRANSITIONS SERVICE TERM 2 2024

22ND APRIL - 19TH JUNE



#OUR YOUNG PEOPLE CAN

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

Web: www.perthautismsupport.org.uk

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

Registered with Care Inspectorate CS2019374248

SUMMARY OF ACTIVITIES

DAY	GROUP	TIME	COST
Monday	Wellbeing Hub	5.00-6.00pm	£7.50 per session
Monday	Youth Hub Hangout	6.30-8.00pm	£4.00 per session
Wednesday	Small Steps	4.30-5.30pm	£7.50 per session
Wednesday	Social Group	6.30-8.00pm	£7.50 per session

All groups will be at our PAS building unless stated otherwise.

PLEASE SEE BOOKING FORM IF INTERESTED

See overleaf pages for more group information

WELLBEING HUB



MONDAY 5PM-6PM



AllStrong
Drummond House
6 Scott Steet, Perth, PH1 5EJ

All Strong's mission is to support the improvement and self-management of mental health and wellbeing, in a supportive and welcoming environment. After gathering and setting a goal for the session, participants can choose from one, or any combination of wellbeing activities on offer:

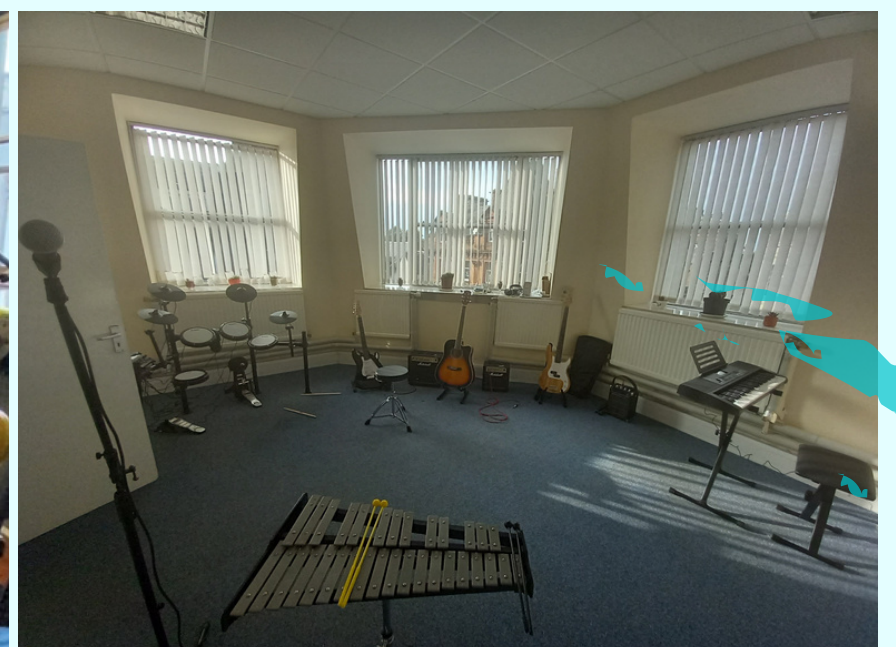
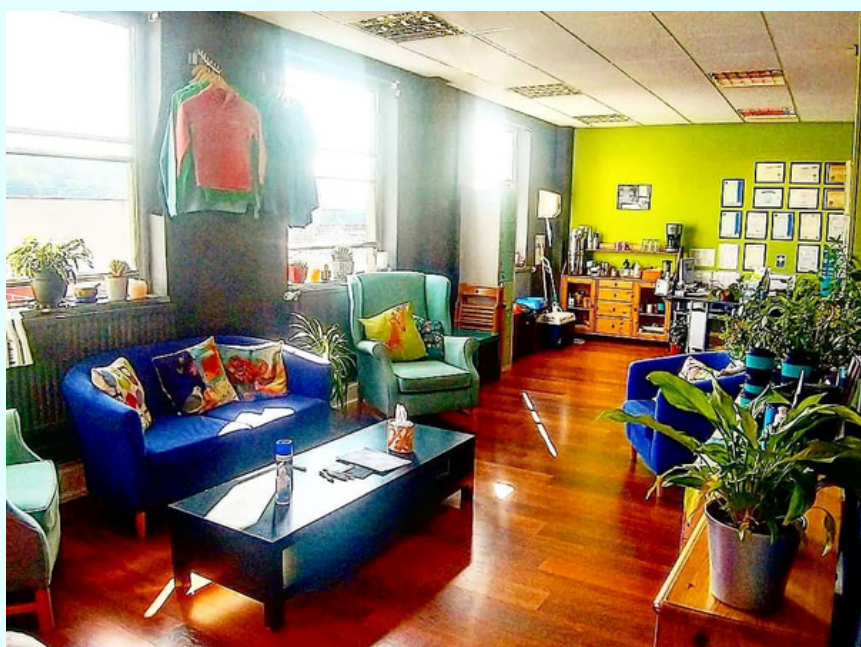
GYM: Go at your own pace, with full instructor support through a wide range of fitness and strength equipment.

WRITING: Process thoughts, feelings and ideas, and get creative with a variety of approaches to writing.

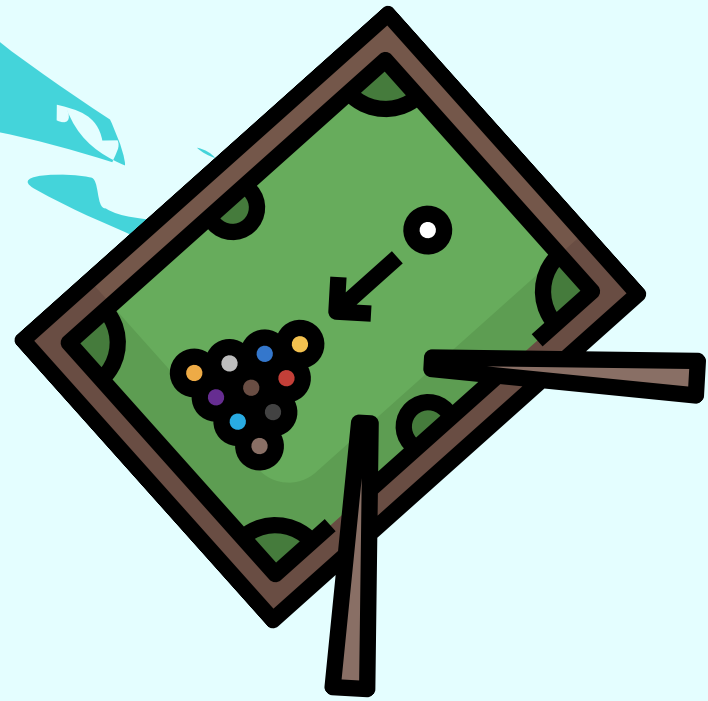
ART: Choose from a range of materials to express yourself, including canvas and easel, stone painting, pastels and clay.

MUSIC: Enjoy having a go of various instruments, including electric, acoustic and bass guitars, electronic drum kit, keyboard and xylophone.

GUIDED RELAXATION: An easy end to the session, with a focus on simple breath work and muscle relaxation.



YOUTH HUB HANGOUT



MONDAY
6.30PM-8.00PM



An informal session where young people can relax, chat and play games in the Youth Hub with the support and supervision of PAS staff and volunteers.

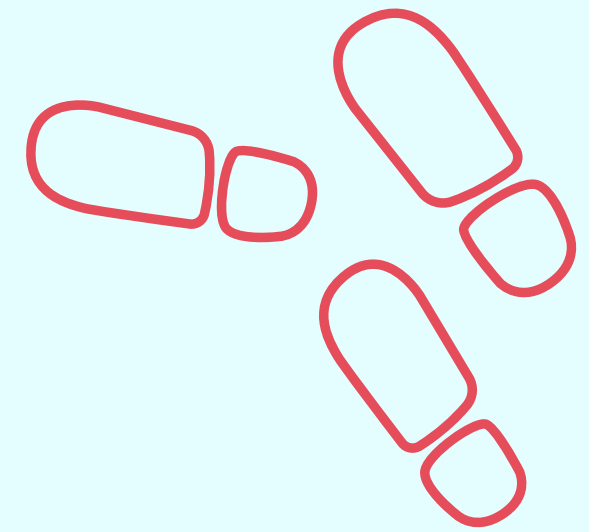
PAS Staff will have a variety of options for young people to choose from within the Youth Hub or young people can sit and chat with peers



SMALL STEPS



WEDNESDAY
4.30PM-5.30PM



A group designed for young people who feel anxious in larger groups and benefit from a smaller social setting, with only 6 young people, based in the PAS building.

For those new to the group we can offer a 1:1 meeting to discuss worries, have a tour of the building and ask any questions. During the term we follow the same or similar activities as the Wednesday evening social group, adapted to a smaller scale.

As this is a smaller group, places are limited.



SOCIAL GROUP



WEDNESDAY 6.30PM-8.00PM

POINTLESS QUIZ NIGHT WEEK 1 - 24TH APRIL

Join us in our PAS Youth Hub for a fun session incorporating the tv quiz show 'Pointless'. Can you think of the most obscure answer in order to get a 'Pointless Answer'? Come along and find out!

NUMBER 3 WEEK 2 - 1ST MAY

Join us for our termly visit to Number 3, One Stop Shop, the adult autism service in Perth and Kinross. We will use their building for the night, explore the space and socialise with a space to ask Q's.
Drop off and pick up will be at Number 3

MINI CREATE DIVERSITY WEEK 3 - 8TH MAY

We will be joined by Kirsteen, from our PAS Enterprise team, who will be facilitating a session all about our CREATE! Diversity sessions. If you enjoy being hands on and doing practical or craft activities, this is one for you!

COOKING NIGHT WEEK 4 - 15TH MAY

Join us for a fun cooking night where you can learn to make a meal you can have for dinner! For those who want to eat it together we will have that opportunity or food can be taken home with you.

WORLD RECORD NIGHT WEEK 5 - 22ND MAY

Join us for a fun session in our Youth Hub trying different challenges in order to beat our 'PAS' Records! Will you be a PAS Champion!



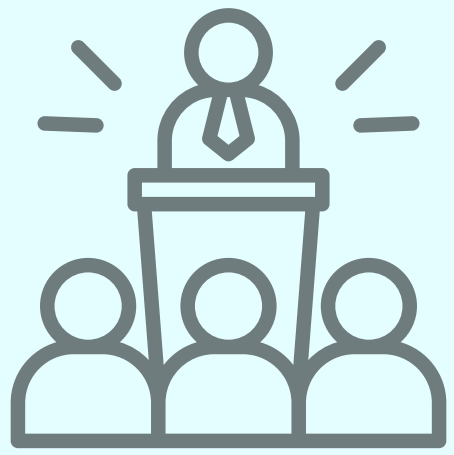
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SOCIAL GROUP



WEDNESDAY 6.30PM-8.00PM



QUESTION TIME WEEK 6- 29TH MAY

We are very excited to be joined by local Perth Councillors to hear more about government processes and the voting system, and to ask some all important questions. More details to follow...

GAMES NIGHT WEEK 7 - 5TH JUNE



We will meet at PAS and walk down to the North Inch to play some games and enjoy the park, or sit and chat with peers whilst getting some fresh air.

QUARRY MILL WEEK 8- 12TH JUNE



We will meet at Quarry Mill Woodland Park and enjoy a walk around the various paths and trails. We will then come together for a drink and snack before heading home.

Drop off and Pick up at Quarry Mill

BBQ WEEK 9 - 19TH JUNE



Join us for a fun celebration for our last week of term. We will enjoy a BBQ together in the PAS Garden. We will all get involved in cooking the food and eat it together whilst having the opportunity to spend time in the garden with peers.



If your young person is new to the Transitions Service we can arrange a meeting beforehand to give you more information about the groups and answer any question you may have.

All groups will be at our PAS building unless stated otherwise.

PLEASE SEE BOOKING FORM IF INTERESTED

MEET THE TEAM



LISA



LAURA



GASSIE



JOSS



NATHAN

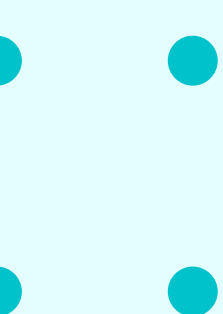
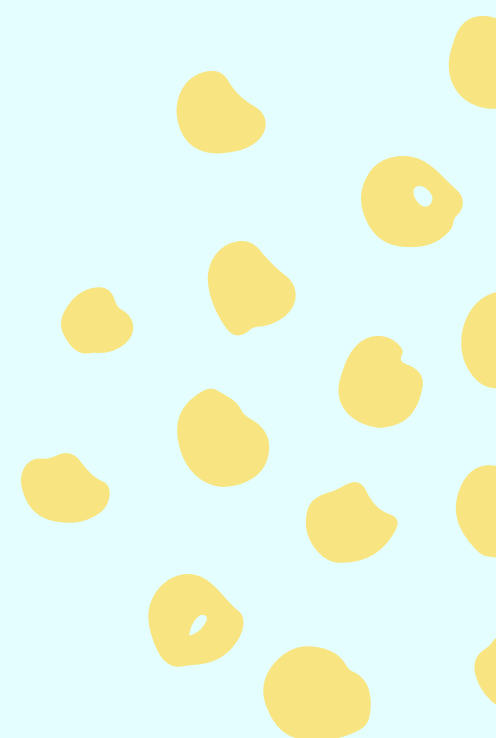
OUR VOLUNTEERS:



EILIDH



KEVIN



FREQUENTLY ASKED QUESTIONS

What if this is the first time my young person is attending the Transitions service?

We recognise young people may be anxious joining a new service. Therefore, we can arrange a visit for the young person to visit the building with a parent/carer to familiarise themselves with the space, the staff and share any questions or worries they may have prior to the groups.

What if my young person finds it challenging to attend for the full session?

We recognise some young people may find it demanding to attend a full session initially. The young person is welcome to attend for a shorter time, such as an hour slot and build up the time slowly. Please get in touch with us to arrange this prior to the session.

What if my young person wants to attend a session with a friend?

We encourage friendships within PAS but due to confidentiality we cannot share information regarding other young people's bookings. Both young people need to be registered with the service and we advise parents/carers to contact one another to arrange booking in. The parent/carer can advise staff of friendships for group allocations.

What if we can't attend a session we have booked in for?

We allow a 7-day grace period from the date of the confirmation to cancel the booking without incurring a charge. If cancelling after this, you will be required to pay the full amount of the confirmed groups. We appreciate if you could let the staff know the young person won't be attending as soon as possible as we can offer this space to another young person.

What if I have difficulties completing forms?

If you struggle with the booking form process, please get in touch with the team and we can look at alternative methods of completing the booking.

How do I contact the Transitions Team with further questions?

We can be contacted on our email address; transitions@perthautismsupport.org.uk

*Or you can phone PAS on **01738 451081** and ask for the Transitions Team.*

We will endeavour to do the best we can to help with your enquiry. Please also follow our PAS social media pages for regular updates.