

AUTITUDE!



INFO AND ADVICE!
MOVIES! ART!
AND MUCH MUCH MORE!



WELCOME!

Welcome to our Halloween issue of Autitude!

Autitude is shaped by what matters most to you and showcases a wide range of skills and talents.

Keep your fantastic contributions coming! Whether it's a poem, a written reflection, a cartoon, a blog, photography or example of another creative pursuit, we would love to hear about it. If you have something you would like to share, please get in touch with us at autitude@scottishautism.org.

To make sure you are updated when the latest edition is released sign up here – thank you

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Scottish
autism
WHERE AUTISTIC PEOPLE
ARE VALUED

Book your place for Click & Connect Block 7 taking place from October to December!

These online events aim to help the autistic community and families in Scotland to stay connected.

All group sessions run via Zoom and are free to join.

Mindfulness for Autism

Mindfulness for Autism is a strengths-focused mindfulness approach that provides recovery and counteracts the negative sensory impact of the world for autistic adults and their carers. It also aims to reduce the impact of stress, isolation and fragmentation in autistic people and family members/carers of autistic people and aims to break this negative cycle, helping people to live a more self-aware, empowered and fulfilling life.

The group will take place every Tuesday morning from 18th October until 15th December, 10am - 11am.

Online Art Group

The Art Group is open to autistic people and their families and aims to bring people together for creative expression in an informal and safe environment. It offers the chance for a mindful break from the day's worries and can help to reduce stress. Join our online Art Group taking place every Wednesday from 12th October until 14th December, 5pm - 6.30pm.

Virtual Choir Group

If you're a music lover who enjoys singing, come along and share music with others in a fun, no pressure environment. This group is for autistic people and their families in Scotland, and all ages and abilities are welcome!

Join our Virtual Choir group taking place every Thursday* evening from 13th October until 15th December, 5pm - 6pm.

***excluding 3rd November**

Autism Support Group

This is a guided support and dialogue group that uses guided mindfulness meditation and group conversation as a basis for stress recovery and improving relaxation and wellbeing. Come along and join our Autism Support Group for autistic individuals and family members of autistic people in Scotland. Run by Jonny Drury, the group will take place every Thursday 20th October until 15th December, 1pm - 2.30pm.

**Don't miss out, find out more and book your place now:
www.scottishautism.org/click-and-connect**

My Neurodiversity Journey Part 8

The recent recurring vivid dream was energising and full of hope for all closely involved with equality for Autistics and people with learning disabilities.

During the day I would revisit the dream, visually hearing the soundbites from parents, carers, educational teachers, and medical professionals. Heavy sighs of relief all round, that finally a person had been appointed, as the “Learning Disability, Autism & Neurodiversity Commissioner” for Scotland.

After many consultations with knowledgeable professionals and most importantly from Autistics and parents with lived experience assisting in scoping the brief.

Sadly, this dream was quickly shattered in recent days. Some may have read the highly disturbing article in the Daily Record 30th September.

The headline: - “Scots mum slams council for keeping autistic son isolated from classmates” Getting it right for every child (GIRFEC) ?

Click below for full article.

<https://www.dailyrecord.co.uk/news/scottish-news/scots-mum-slams-council-keeping-28123440>

“Getting it right for every child (GIRFEC) is our commitment to provide all children, young people and their families with the right support at the right time. This is so that every child and young person in Scotland can reach their full potential”.

More information on Scottish Government site on GIRFEC - link below.

<https://www.gov.scot/policies/girfec/>

At first blush, the article in the Daily Record smacks of “Medical Model” as opposed to the “Social Model” I have written about before.

The second highly distressing article was published by the BBC on 4th October.

The headline: - *Tony Hickmott: Autistic man to be released after 21 years in hospital”.*

What is most alarming is what you will read in the full article in the link below.

“In 2013, psychiatrists agreed Mr Hickmott was “fit for discharge” but authorities failed to create a care package with appropriate support in the community. Last December, Pam and Roy took the case to the Court of Protection.”

<https://www.bbc.co.uk/news/uk-6281901>

As I have stated in previous blogs there is a need for those in power to make it a priority to move the narrative on from **awareness, acceptance** to **ACCOMMODATION** and **ADOPTING THE SOCIAL MODEL** for all marginalised neurominorities.

Sadly, the example articles mentioned are heart-breaking and are not unique in any shape or form. You can read such harrowing stories weekly in the media. This has to change.

I am sure there will be many more that don't appear in the media; highlighting the plight and fight Autistics / people with Learning disabilities and their parents and carers have.

In Scotland we are progressing or should I say evolving, although at a pace not fast enough for many parents.

I have profiled a draft **JOB ADVERT** of the type of individual who I feel would represent the marginalised neurominorities in Scotland.

“The Scottish Government has pledged to create a Learning Disability, Autism & Neurodiversity Commissioner in this Parliament.

Individuals with the following Qualities, Experiences, and characteristics may apply.

The person would ideally be aged between 35-45.

Hyper focused with a methodical analytical approach.

Tenacity and resilience are there in abundance.

Attention to detail with amazing observational skills.

Loves details & notices patterns others may miss; a systemiser.

Out of the box thinker. Assuming there was a box there to begin with.

Truth seeker who wants to do what is right.

Perceives the world in a unique creative way.

Manager's do what is right; leaders do the right thing.

Autistics can make great Leaders and do what is right.

Big difference.

They say the soft skills are the hard skills to master. Not for many Autistics.

Trustworthy & dependable.

Caring, empathetic, compassionate, sensitive and creative.

No unconscious bias as Autistic's are off the scale on social justice and will die on the hill of the many injustices neurodivergent' s face on a daily basis.

Not contaminated by societal algorithms. IE No one's puppet.

The Scottish Govt is "Progressive Scotland" inclusion for all etc.

These I'm sure are not just soundbites. Many parents, children, teenagers, students' carers, social and mental health professionals are depending on this reality and are relying on this becoming a reality. Tomorrow!!



“My name is Anna Zaczek and I live in the Scottish Borders. I work in retail currently but I am looking for a career that is more suitable for my degree in English Literature, while also working on practicing my writing craft. Soon my fiance and I will be paving our own way and moving in together, something I am really looking forward to....”



So, yesterday (03/03/2022), I was diagnosed with autism. Not Asperger's like I originally suspected, not threading the needle of the spectrum like others suspected - full blown, unadulterated, raw autism. What this means is my brain works differently, always has, and will continue to for the rest of my life. It has and will continue to heavily impact several aspects of my life, especially of a social, emotional and professional nature. This has resulted in me spending a great majority of my adult life suffering from anxiety and unhappiness, feeling like an alien in a world where everyone seems to have their lives figured out. I actually only found out recently it's not normal to be unhappy a lot.

Growing up I always wondered why I related more to the “different” characters, or the characters portrayed badly, in shows, games or books, when you were clearly meant to relate to more central characters. I wondered why I was always treated differently and bullied. I didn’t understand why everyone always seemed to know my name and face, yet I never knew who they were when they bullied me. People used to take advantage of me and my inability to figure out intentions - my first relationship was abusive, and many of my friendships were too. I used to beat myself up for not understanding what friends, family, coworkers etc. were talking about, or why. I don’t cope well with emotion - I feel them, but I don’t always understand them, instead having almost like Wikipedia articles in my head, that I have to check when I feel a certain way. I love my family, friends, and fiancé, but have strange ways of showing it or can sometimes forget to. This is not intentional.

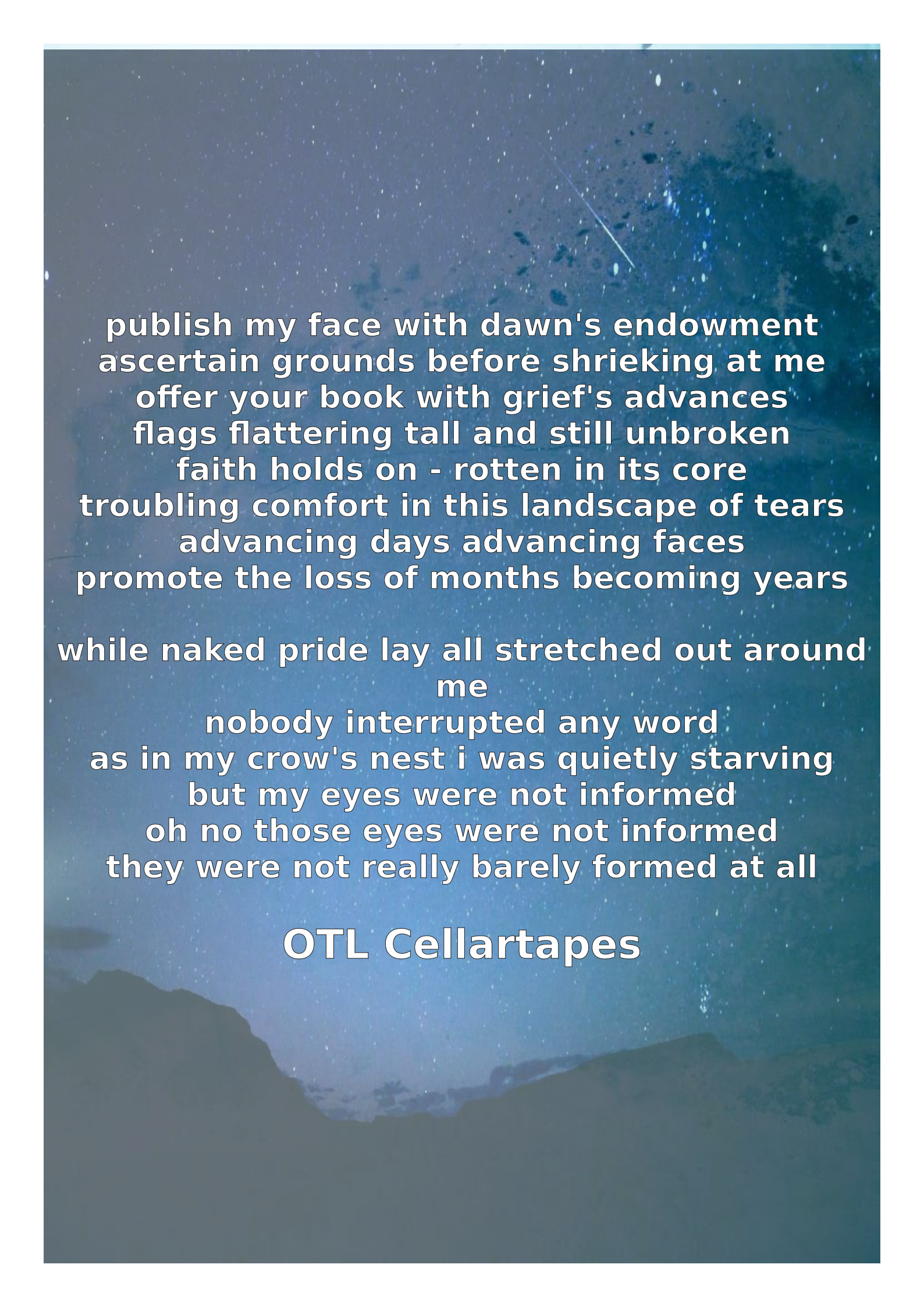
It’s easier to think of myself as a computer than a person. If I can’t break something down into command lines or scripts, I don’t cope well. Computers make sense to me. They’re predictable. It’s why I like them so much. I like people too. But I’m so tired of not looking like a person to them, despite all my attempts to look less like a computer or an alien. I feel empty and angry at the system that failed me. It failed my parents, too, who were repeatedly told that I would “grow out of it”, and lived in confusion when they saw continual evidence that I wouldn’t, and were convinced they had no way forward.



Nobody has ever listened to us, or me. Nobody ever took a second to say to mom or dad "Awww, she's a little bit messed up actually". Nobody ever took our side, because autistic girls and women are treated as some kind of anomaly that the medical world is only just now learning to take seriously. It makes my heart hurt to think of how many women like me are out there, being different, and being treated differently, with no explanation, because they were always told they would come out fine if they kept trying. I hated myself for years. I STILL hate myself because I was always told to try and become something I'm not - to change what I actually am in the name of some kind of societal system that doesn't work for me and never will. It's still happening. I keep being forced to squeeze into this shape that I don't fit. And I'm going to struggle with the trauma of this for years - having to learn to love and respect myself for what I am - because I was ignored at every turn, told I'd eventually "turn out okay", or just being told to "try harder", when I had already surpassed my limits so long ago.

I hope I'm the last. I hope girls like me from now on don't have to deal with this. I hope they have happier lives in a system that backs them. Because this hurts so much, to have twenty-six years of life suddenly make sense."





publish my face with dawn's endowment
ascertain grounds before shrieking at me
offer your book with grief's advances
flags flattering tall and still unbroken
faith holds on - rotten in its core
troubling comfort in this landscape of tears
advancing days advancing faces
promote the loss of months becoming years
while naked pride lay all stretched out around
me
nobody interrupted any word
as in my crow's nest i was quietly starving
but my eyes were not informed
oh no those eyes were not informed
they were not really barely formed at all

OTL Cellartapes

MONSTER MOVIE MASH!

Being a huge horror fan (as I've mentioned before, my first memory is from around 2 years old and it's not of my parents, it's of sneaking out of my cot, crawling into the living room and watching the 1931 Frankenstein from behind a chair. Which I think says more about me than anything else really.) I reckon it's never too early to introduce your kids to the joys of classic creepy cinema but, I hear you cry, where to start?

So to this end – and with the help of my terrifying Shining like twins Amelia and Embeth – I thought I'd share their top 6 favourite freakishly fun family friendly films for Halloween!

You're Welcome boils and ghouls!

The Corpse Bride (2005) – Tim Burton's stop-motion classic – featuring the voices of Johnny Depp, Helena Bonham Carter, Joanna Lumley and the fang-tastic Christopher Lee – centres on the poor lovelorn Victor and his bride to be Victoria whose parents arrange for the pair to be wed in the hope of elevating Victor's nouveau riche parents to the upper classes whilst restoring Victoria's families wealth and standing.

Although the pair hit it off immediately, Victor ruins their wedding rehearsal by forgetting his vows and setting Lady Everglot's dress on fire and so flees to a nearby forest where he spends the night practicing his vows on a tree and placing the wedding ring on an upturned root.

Scarily though the root is actually the finger of a dead woman named Emily, who rises from the grave claiming that she and Victor are now married and with that whisks him away to the Land of the Dead.....

The Monster Club (1981) – Famed horror author R. Chetwynd-Hayes (John Carradine) is approached by a strange man named Erasmus (the legendary Vincent Price) who turns out to be a hungry vampire.

Erasmus bites the writer, and in gratitude for snack, offers to take him to the Monster Club, the secret nightclub frequented by all manner of ghouls, goblins and strange supernatural creatures where Erasmus tells Hayes 3 ghastly tales of the macabre for him to use as the basis for his new book....Billed as 'The horror film that's fun!' on release, cult producer Milton Subotsky's homage to 60s/70s portmanteau horror movies is a gloriously camp – and occasionally scary – throwback to the classic days of horror.



For teens brought up on shows like Stranger Things why not show them how it all started with Fred Dekker's criminally under-rated The Monster Squad (1987).

The aforementioned squad is a club of pre-teen misfits who meet up to share their love of the classic monster movies of yesteryear but when a group of famous monsters led by Count Dracula arrive in town to create havoc (and destroy the world) it's left to the group to save everyone....with a little help from Frankenstein's Monster that is!

The Rankin/Bass movie *Mad Monster Party* (1967) might not be as well known as their bigger hits like *Rudolph the Red-Nosed Reindeer* and *Frosty the Snowman* but this stop-motion musical comedy – co-written by *Mad Magazine* co-founder Harvey Kurtzman – is probably their most fun movie and an obvious influence on folk like Tim Burton and Henry (Nightmare Before Christmas) Selick.

The plot centres on Baron Boris von Frankenstein (voiced by the legendary Boris Karloff) who, after discovering the secret of total destruction, sends out messenger bats to summon all monsters to his tropical island to inform them of not only his discovery but to also announce his retirement as head of the Worldwide Organization of Monsters.

The Baron plans to make his well meaning nephew Felix Flanken (who is unaware of his family roots) the organizations new leader, much to the annoyance of Frankenstein's assistant Francesca who persuades the arriving monsters (including Count Dracula, the Mummy, the Wolfman, The Invisible Man and the Creature from the Black Lagoon) to help her take over....



ParaNorman (2012)– Sam Fell and Chris Butler's animated movie tells the story of Norman Babcock, an 11-year-old boy who is able to see – and talk – with the dead, including his late nan and various ghostly inhabitants of his town.

Obviously no-one believes this and so Norman is left isolated from his family and bullied at school.

Neil, another boy in his class, is also bullied so him and Norman soon become best friends.

But all this is about to change as when rehearsing a school play commemorating the town's witch trials from three centuries ago, Norman's seemingly mad great uncle, Mr. Prenderghast, bursts in to explain that the town is in great danger from an evil supernatural force and only Norman can protect it....

Coraline (2009)– Henry Selick's stop-motion animation based on Neil Gaiman's novella tells the tale of Coraline Jones who, neglected by her workaholic parents, is left to her own devices after the family move to the Pink Palace Apartments in Oregon.

Becoming friends with the landlady's grandson, Wyborne – and a curious black cat who follows them around – she comes across a small button-eyed ragdoll that is an exact copy of her which leads Coraline on an adventure to an idealized parallel world hidden behind a hidden door, unaware that the alternative world contains a dark and sinister secret that may cost her her life.....

Enjoy....and stay scared!

Ash Loydon.





There, Rests, The Most, Frozen Garden,
Filled With Beautiful Statues, Of Hearts,
Yet Life Was So Cruel That Like Those Stony Arts,
Theirs Also Was To Harden.

Brian "Fred Worm" MacGregor (2021).



Life Script - By, Brian "Fred Worm" MacGregor (2021)

Although Somewhat Blurred - Despite Being Ripped,
Perhaps Its Better - I Dont Know A Single Letter,
Let Alone Each Word - From Lifes Changing Script.

Another Fred Worm Production (2021).



xyx 123

Test123



In Knowing Wisdom Is Never Absolute
The Wise Become Progressively Wiser,...

A Brian "Fred Worm" MacGregor Production (2019).



"... Great, Lies Within Truth,..."

Brian "Fred Worm" MacGregor.
www.fredwormquotesofficial.co.uk

ARTITUDE!

More readers art and photography for your viewing pleasure!



Hi, my name is Dale. I have a passion for all types of memorabilia and collect cars and figures from movies. I would like to share my favourites with you using realistic toy photography.

I'm a huge fan of film and tv and enjoy learning all sorts of facts about my favourite subjects.

Grab yourself a coffee and sit back, relax, and enjoy watching the story I have created with the support from my team.



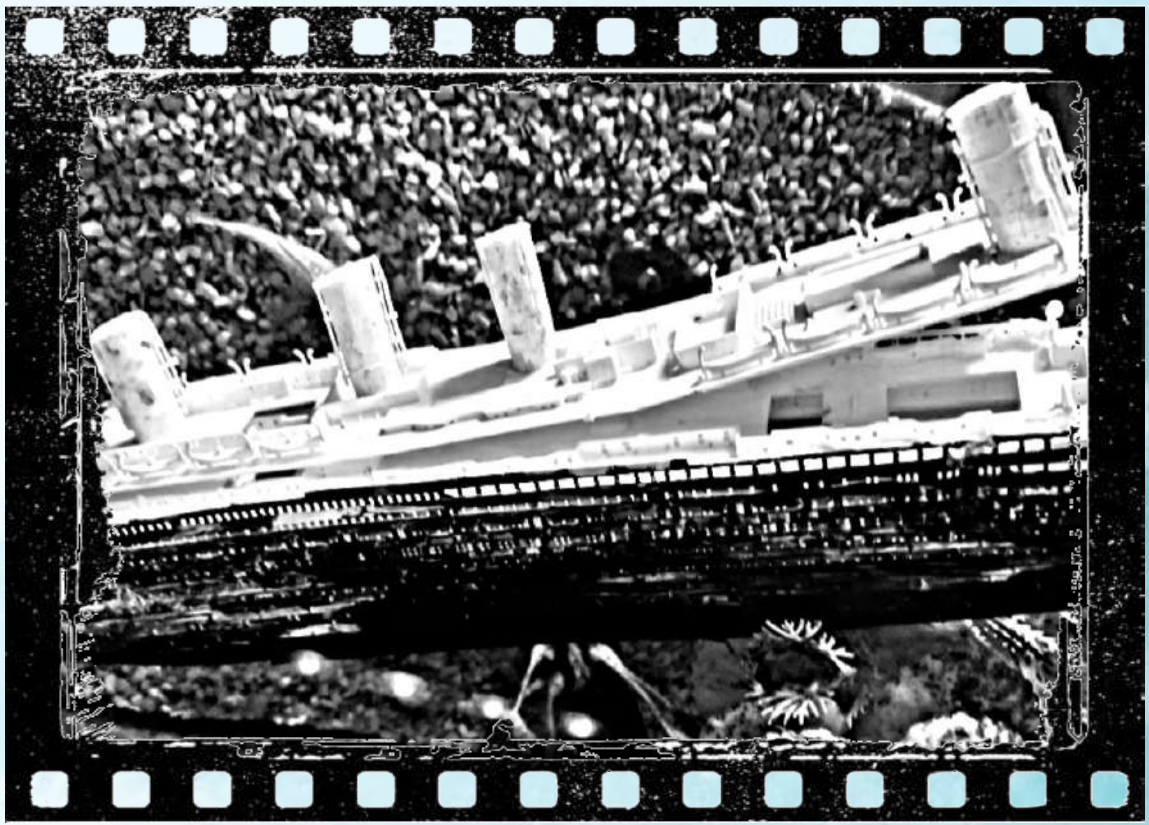
Welcome to my Movie House.

Tonight's movie is the Titanic.



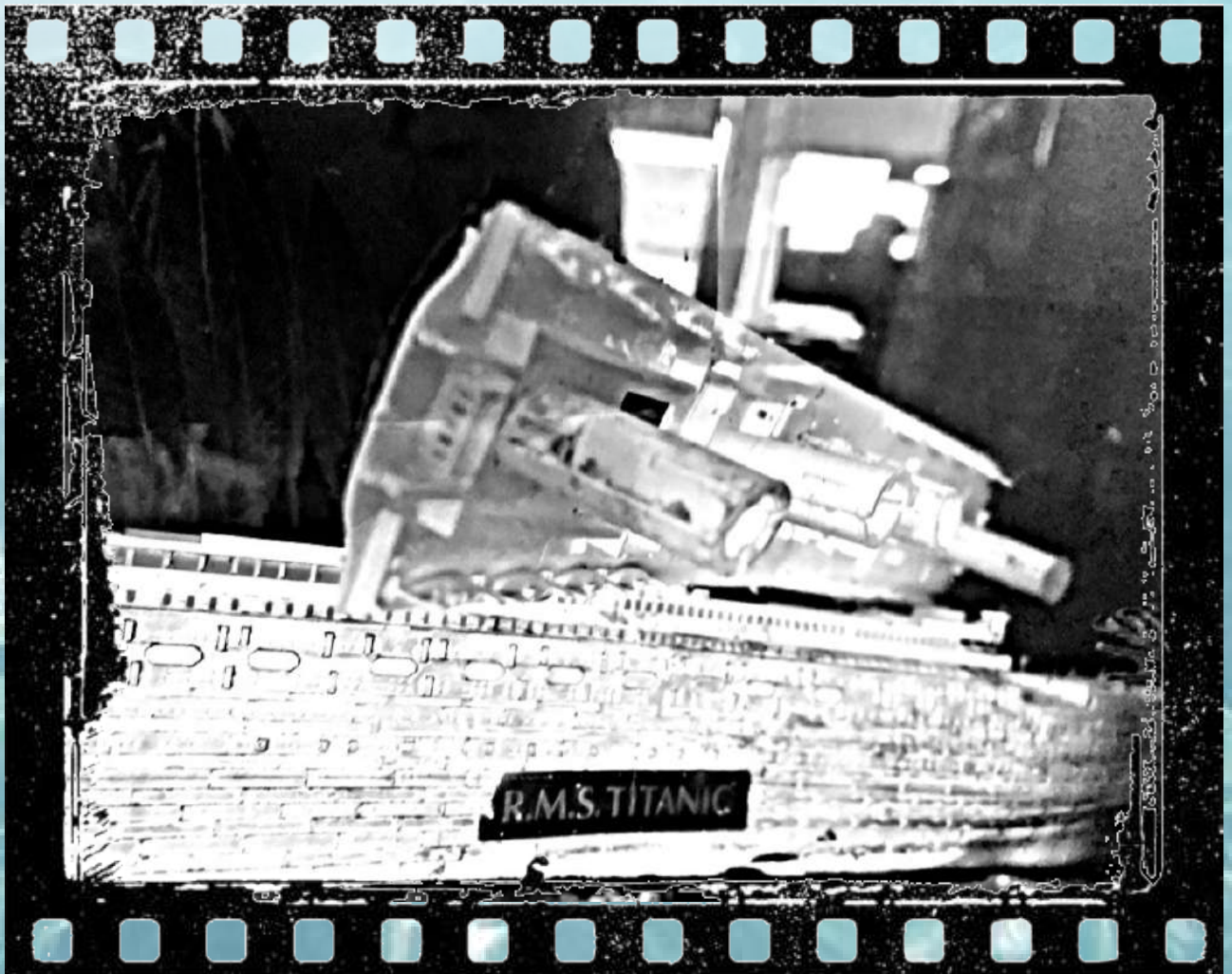
RMS Titanic was a British passenger liner

The largest liner in the world



Operated by the white star line

Captained by Edward Smith

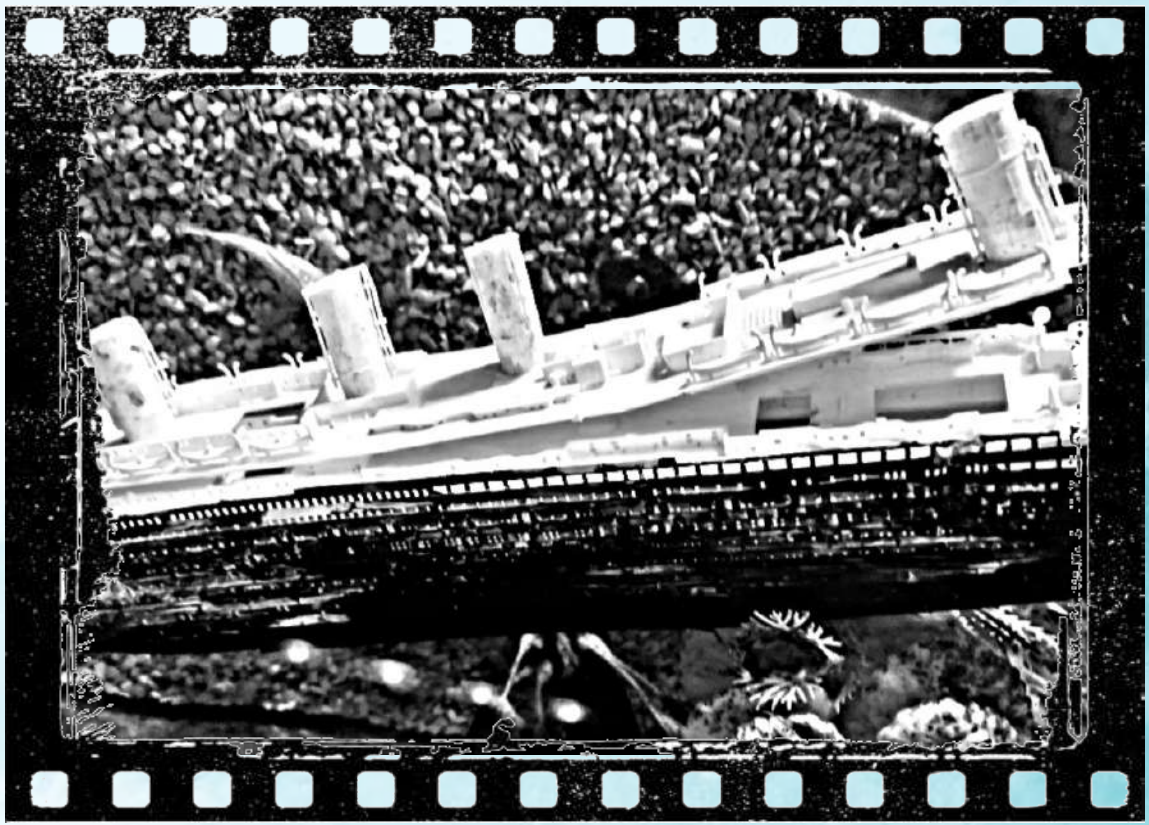


R.M.S. TITANIC

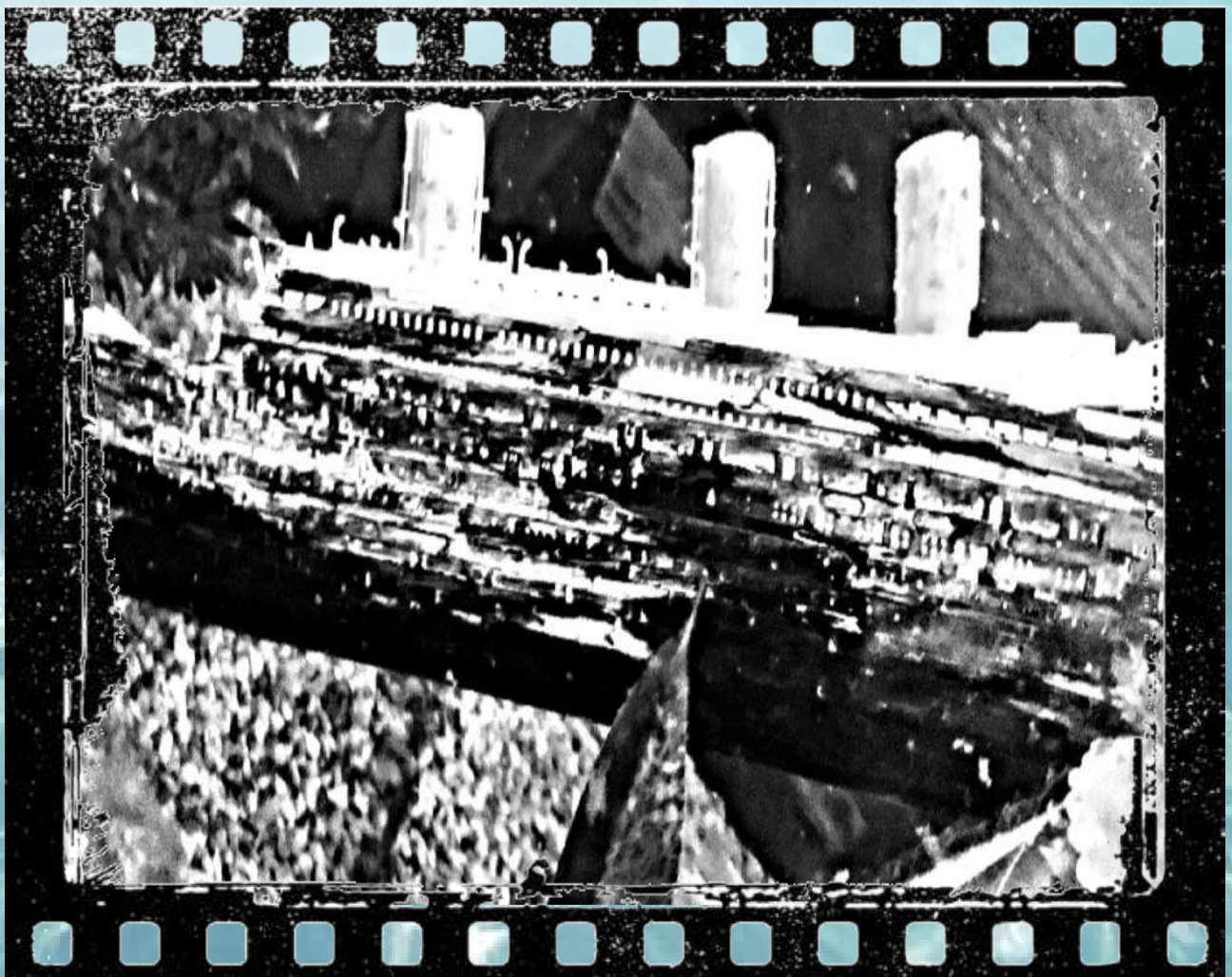


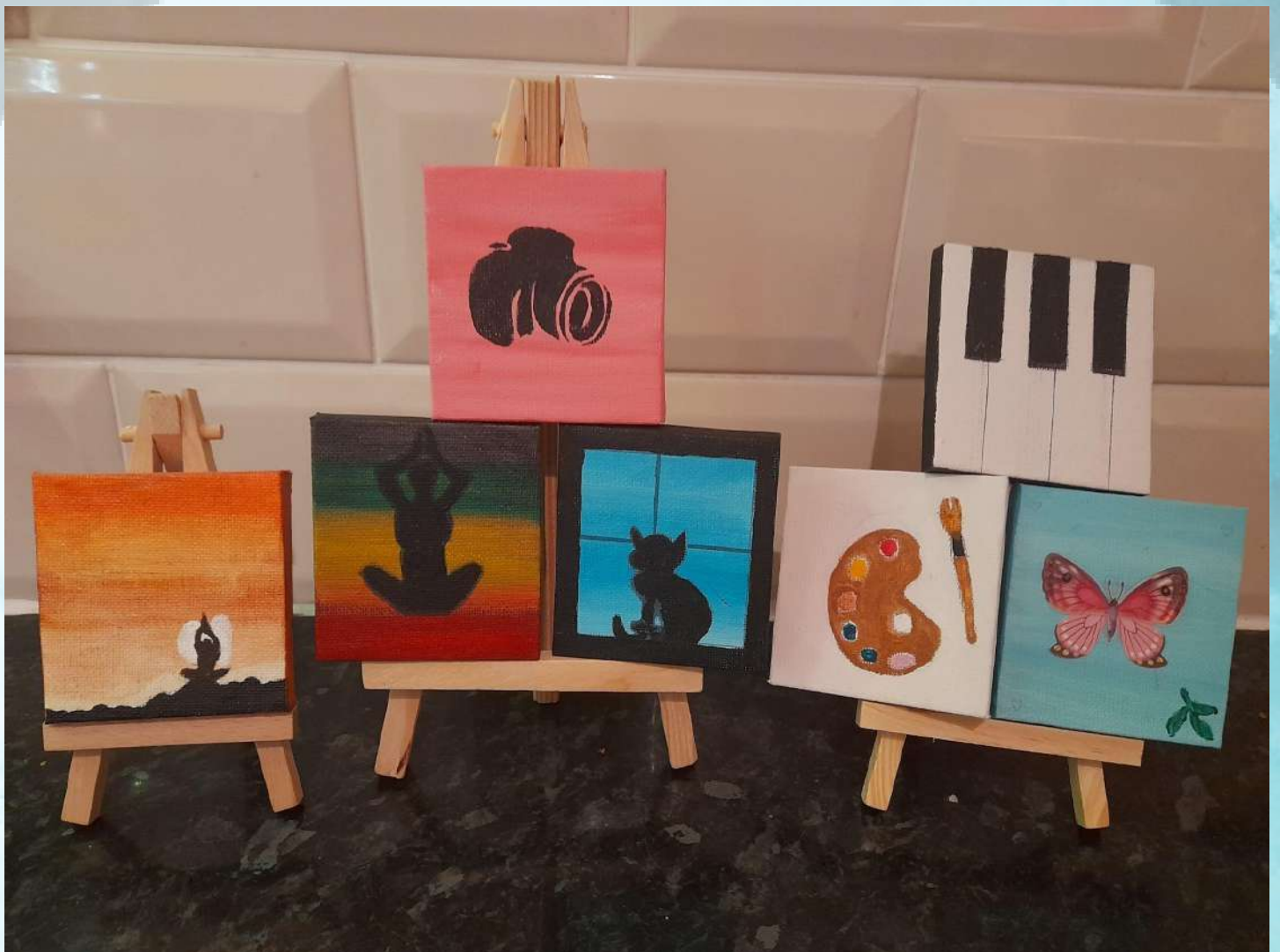
The Titanic was 261.9 metres in length

The Titanic sank on 15 April 1912 after striking an iceberg during her maiden voyage from Southampton to New York



The wreck of the titanic lies at a depth of about 12,500 ft. Off the coast of Newfoundland.





These paintings each represent a particular interest or passion in my life, these include:

- :Yoga**
- :Meditation**
- :Photography**
- :Pets**
- :Music**
- :Nature**
- :Art/Painting**

By Sandra Louise Smyth

Being a lifelong horror fan I couldn't let Halloween pass without celebrating the Universal horror films that introduced me to the genre as a child....Thanks Grandad!

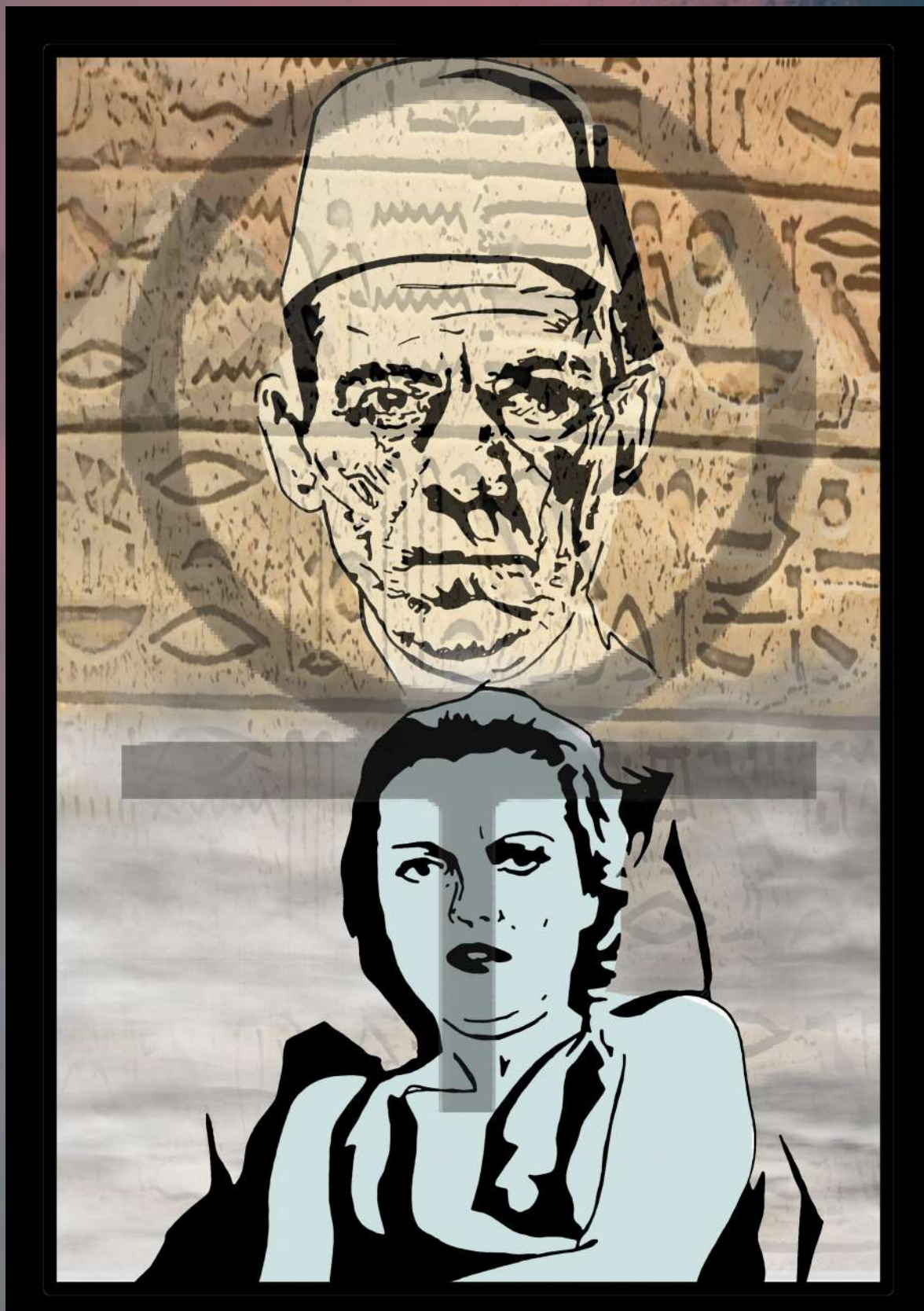


Dracula (1931) Dir: Tod Browning.



ASH '17

Frankenstein (1931) Dir: James Whale.



The Mummy (1932) Dir: Karl Freund.

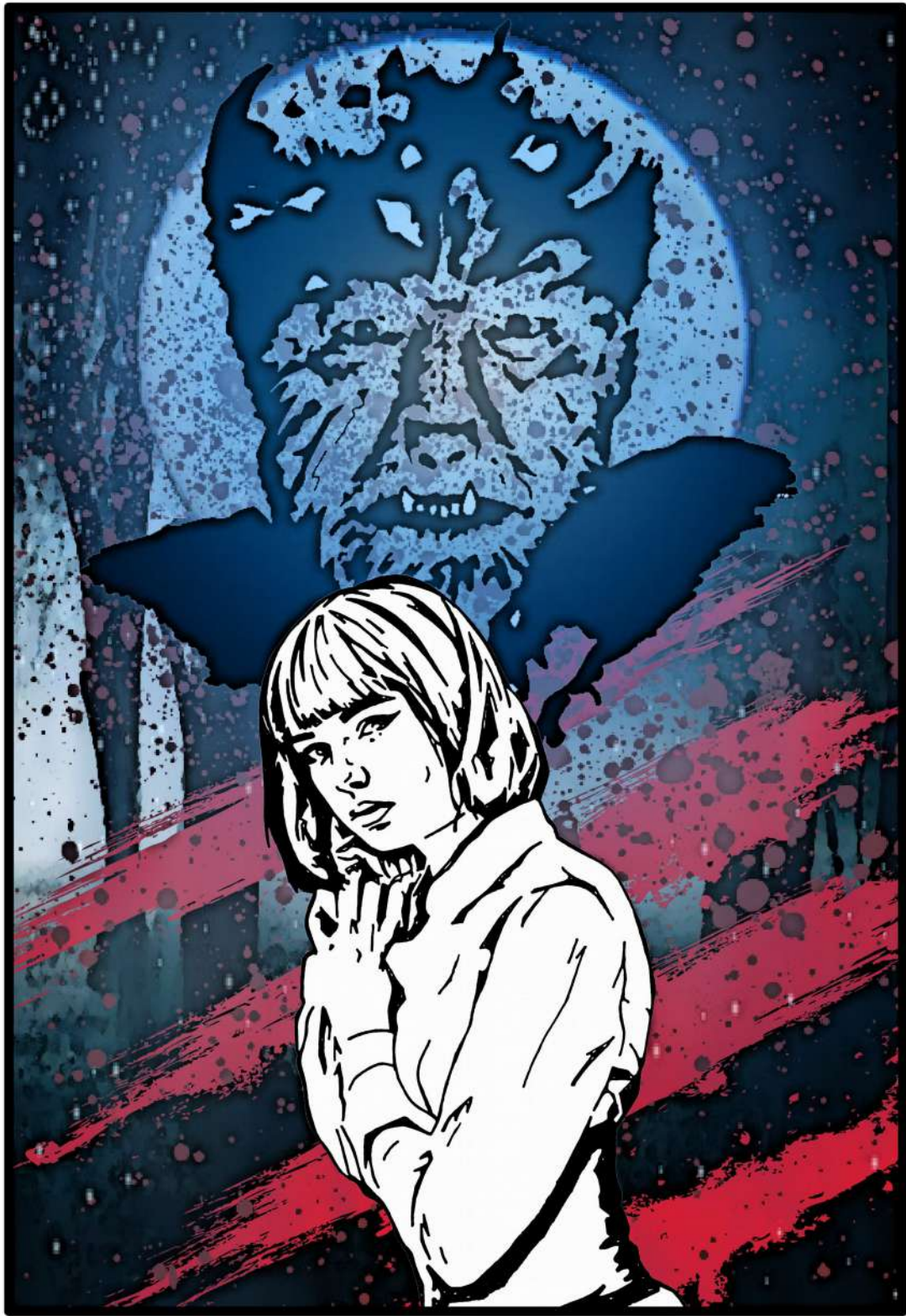


ASH '19

The Invisible Man (1933) Dir: James Whale.



The Bride Of Frankenstein (1935) Dir: James Whale.



ASH '19

The Wolf Man (1941) Dir: George Waggnar.



Phantom of the Opera (1943) Dir: Arthur Lubin.

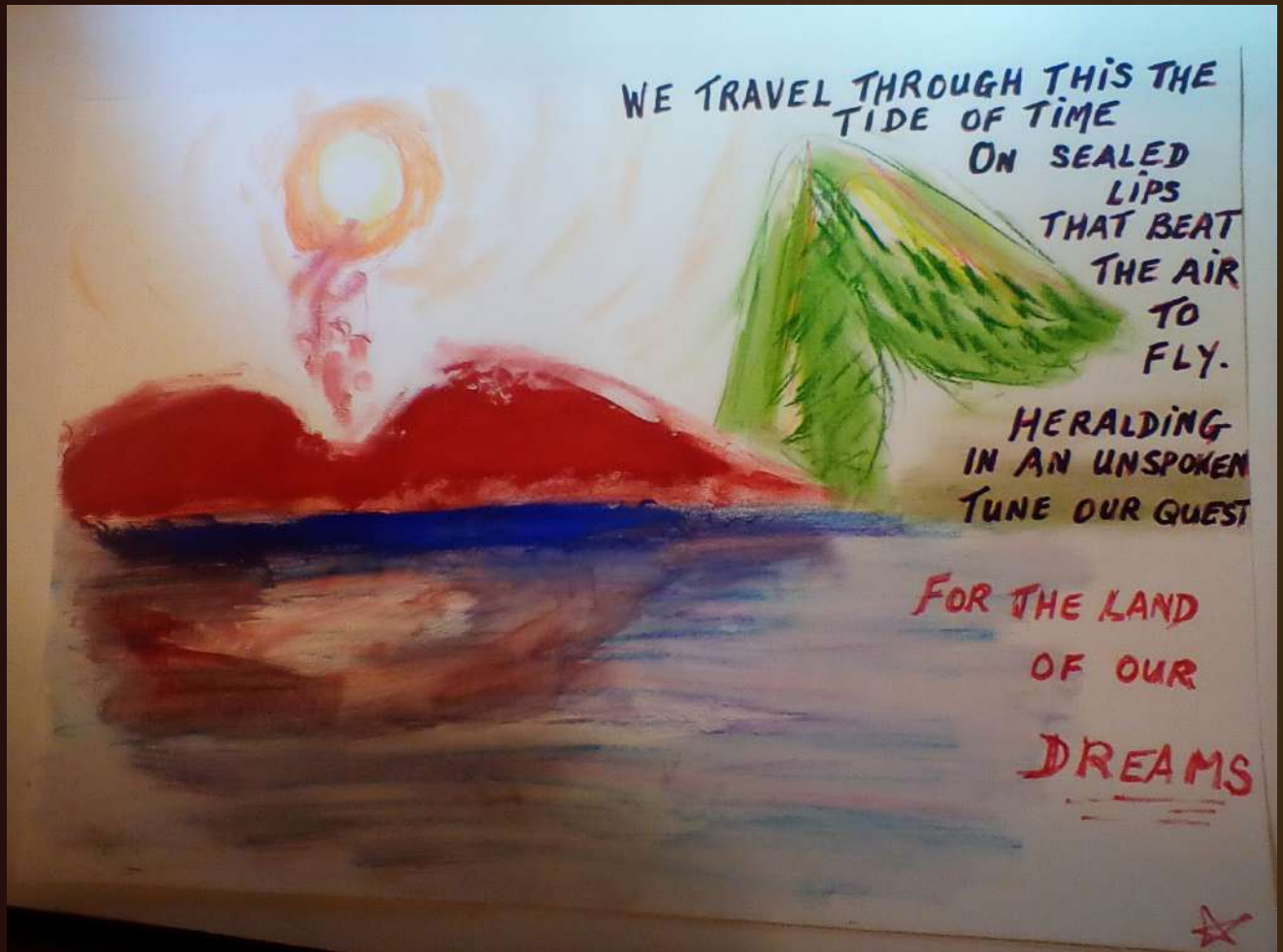
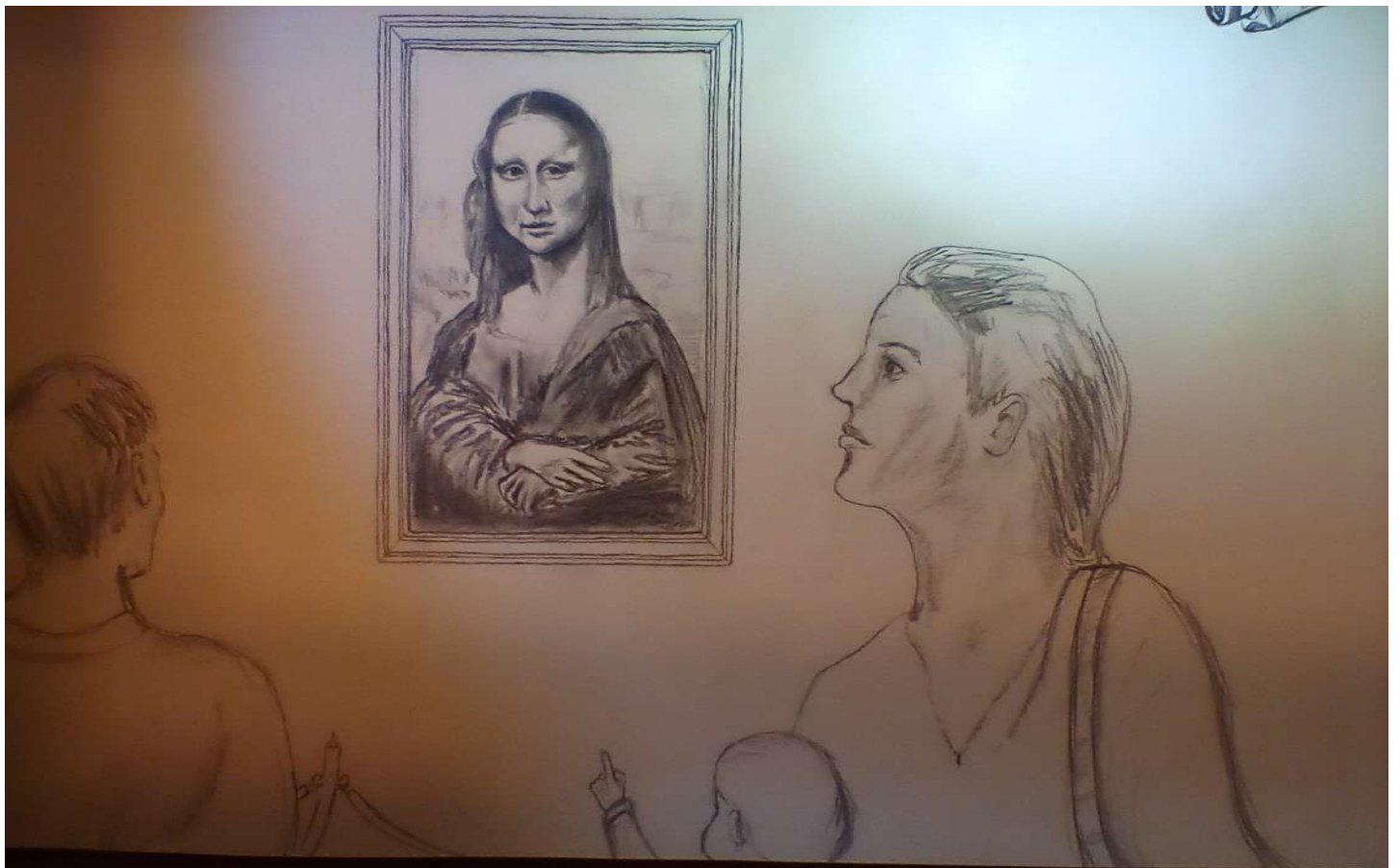


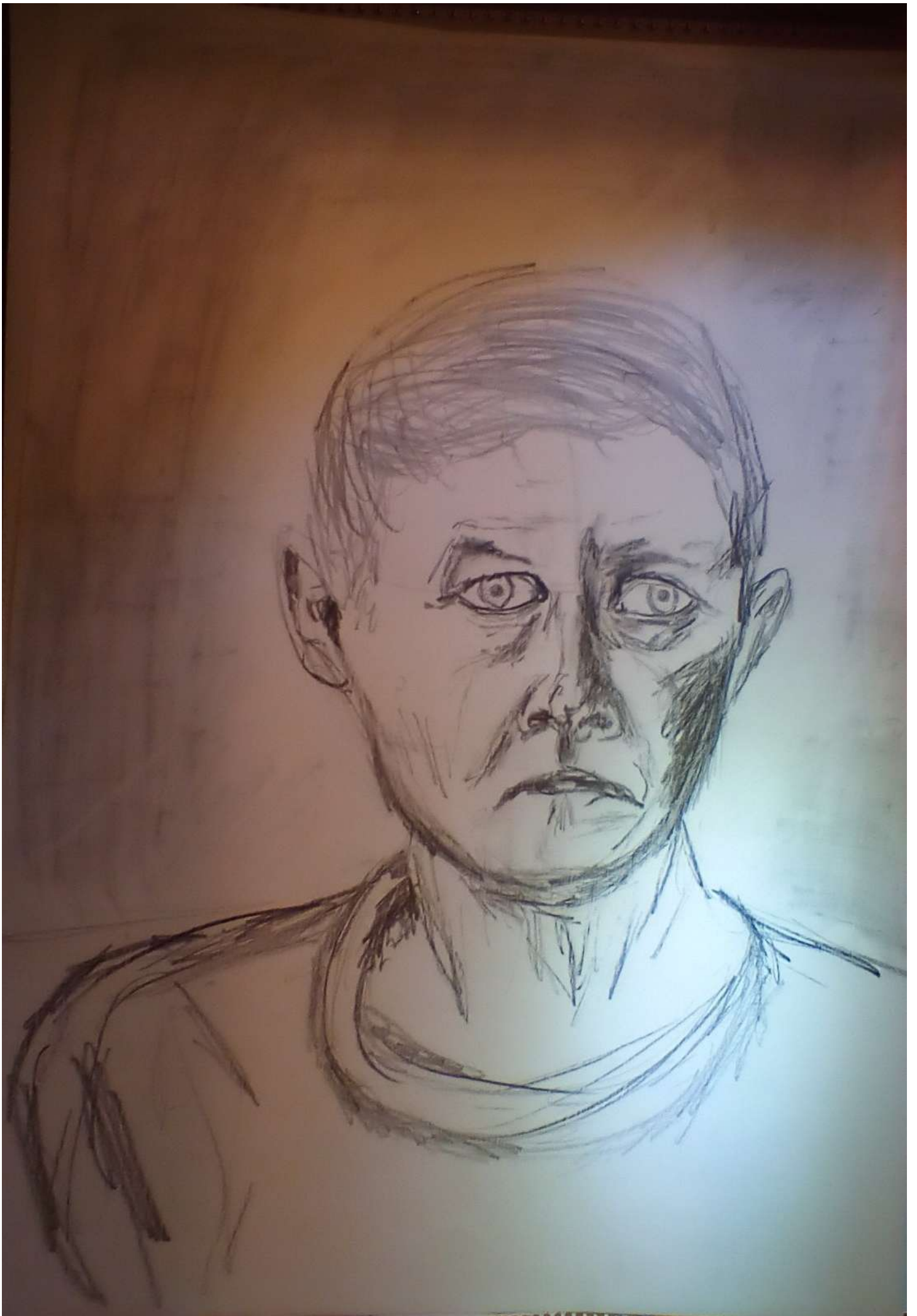
ASH '19

Creature from the Black Lagoon (1954) Dir: Jack Arnold.



John o'Roin's artwork.





SPECTRUM SUPERSTARS!



Name: Courtney Michelle Love
Born: July 9, 1964
Occupation: Singer, musician, songwriter,
actress.

AUTITUDE NEEDS YOU!



Well that's it for issue 19!
Hope you've enjoyed it!
Don't forget to send your contributions to
autitude@scottishautism.org