



AUTSCAPE

Finding a Voice

2013

6 – 9 August 2013 Ackworth School, Pontefract, Yorkshire, UK

Part 2A: Alternative Programme

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1. Introduction

Aim of the Alternative Programme

The aim of the alternative programme is to provide alternative activities for people to go to if they do not want to attend the formal programme presentations and discussions.

Consisting of activities and lighter presentations and workshops, the alternative programme makes sure there's always plenty to do at Autscape.

We also actively try to help those who would like to make friends by having *interest group* sessions and *home groups* meetings.

Who can go?

Anyone may attend alternative programme activities. Children from age 12 are welcome to attend unaccompanied, but must have permission from their parents or the person responsible for them whilst at Autscape.

Everything at Autscape is completely optional. You are not obliged to attend anything, speak to anyone (unless you are a parent or carer) or participate in any way.

Places to go

- **The Hangout** is a relaxing area which will be open continuously through the day and evening, and where people can "hang out" for a chat, or partake in some of the activities we have there, such as board games and badge decorating and any art materials left for general use. There will also be a **tuck shop** here at certain times of day, where you can buy drinks and snacks.
- **The Sensory room** is a place where you can play with sensory equipment or just "be" and look around. There will be plenty of light-up equipment and tactile sensory toys. Do not take any of the toys or equipment out of this room.
- **The Quiet rooms** are places where you can go if you need a total break from everything. You may find other people here, but no noise or interaction is allowed. This year we have two quiet rooms, one in the Music Centre and one in the main building.

To find these places, follow the signs posted on the walls or go to the Information Area.

Home groups

Are you looking for some help with meeting new people? **Home groups** are a new initiative we are trying at Autscape this year. The aim is to help people, especially new people, feel comfortable at Autscape and get the most out of the experience by providing a small group they can get to know a bit better and identify with. The daily home group meetings are scheduled in the programme (see the schedule further ahead). To join one of the home groups, come to the first meeting on Tuesday 6th August at 19:30 in the Quiet dining room.

Interest groups

Interest groups provide a chance to meet other people with similar interests. Like Home groups, interest groups meet periodically (see the schedule ahead), but you are not assigned to an interest group; if you want to participate, simply go to the one of your interest. Find out the location of each group in the Quiet dining room. Consider bringing something relevant which might provoke interest if the group are slow to get going. This year we have the following interest groups:

- Computing
- Gardens and Allotments
- Art
- Sci Fi
- Activism and Neurodiversity
- Alternative Relationships
- Animals and Pets
- Filming

2. Alternative Programme

Note: The following schedule outlines the **alternative programme**. We also organise a **formal programme** which partially runs concurrent with the alternative programme. Please see part 2 of the information pack (published separately) for further details.

Tuesday, 6 August

14:30-17:00 Post-registration activities (Quiet dining room)

After you've registered and received your name badge and conference folder (see part 1), spend this time relaxing and settling in. From here, you can also:

- Take a tour of the venue.
- Decorate your name badge with stickers indicating your interests as conversation starters.
- Spend the time playing some board games.

Tea and coffee will be available.

17:30-18:00 Orientation (Music Centre)

Orientation will explain a few things about how things work at Autscape. There may be new information, so please come along even if you have attended Autscape before. Attendance is *strongly recommended* for all participants.

18:00-19:30 Supper (service until 19:00; Dining room)

19:00-19:30 Rounds singing (Outside near main dining room)

Enjoy singing together? Come and sing rounds with us.

(Although there is a regular session immediately after the evening meal, it is likely there will be ad hoc sessions at break times and after lunch.)

19:30-20:00 First meeting of Home groups (Quiet dining room)

Meet in the quiet dining room to join a Home group and find out your group's meeting location.

20:00-22:00 Sparklies in the Dark (Sports hall)

Indoor session of our traditional Sparklies in the Dark activity. The sports hall will be dark. Participants are encouraged to bring their own light-up objects of any kind imaginable. Glow sticks will be available from Autscape.

Note that filming of this event will take place between 9 and 10pm in **half** the darkened hall. It will be clearly announced when this is happening and we will ensure only those who want to be involved are. Anyone who does not want to be filmed can continue playing in the other half of the hall.

20:00-late Films (West Wing classrooms)

A variety of movies to watch together.

Wednesday, 7 August

08:30-09:30 Breakfast (Dining room)

11:00-11:30 Break (drinks and snacks will be in the Dining room)

12:30-14:00 Lunch (service until 13:30; Dining room)

14:00-14:30 First meeting of Interest groups (Quiet dining room)

Meet in the quiet dining room to find out the location of the interest group of your preference.

14:00-16:00 Swimming (swimming pool)

The pool is open for two afternoons, with lifeguards.

14:30-15:30 Entertainment Extra (dependent on numbers) (Music Centre)

A possible extra to our usual Entertainment evening on Thursday at 8pm. This extra entertainment afternoon will only happen if more people want to perform than fit in the main entertainment evening. Contact Trish at trish.jubb@btinternet.com to register your interest in performing.

14:30-15:30 Jewellery – Sarah Jane (Art Room)

Come to this activity if you'd like to learn how to make jewellery. All materials supplied.

14:30-15:30 "Welcome book" – Caroline Hearst (West Wing classroom 1)

Putting together a "welcome" book or pack for newly diagnosed Autistics.

Participants in this session will consider what information and stories participants

would like to see in a “welcome” book or pack for newly diagnosed Autistics and consider if and how they would like to contribute to it. Caroline was one of the editors of a successful New Zealand publication of this nature and is currently seeking funding to produce one here.

15:30-16:00 Break (drinks and snacks will be in the dining room)

17:00-18:00 Mandala drawing – Lidia van Woerden (Art Room)

A mandala is a colourful, circular, balanced geometric pattern – a spiritual and ritual symbol in Hinduism and Buddhism, representing the Universe. Lidia has extensive experience with this fascinating aspect of Indian spiritual art and is the author of a course book on the topic. In this workshop, Lidia will help you try your hand at drawing your own mandalas.

17:00-18:00 Yoga4Autism – David Ellams (West Wing classroom 1)

A short talk about Yoga and how it may benefit autistics. Yoga4Autism aims to help people with Autism using healthy natural methods such as yoga, mindfulness, meditation, exercise, nutrition, being with nature & healthy living.

18:00-19:30 Supper (service until 19:00; Dining room)

19:00-19:30 Rounds singing (Outside near main dining room)

Enjoy singing together? Come and sing rounds with us.

(Although there is a regular session immediately after the evening meal, it is likely there will be ad hoc sessions at break times and after lunch.)

19:30-20:00 Meeting of Home groups

20:00-22:00 Table tennis – Damian Milton (Sports hall)

Play table tennis with Damian. All abilities welcome.

20:00-late Films (West Wing classrooms)

A variety of movies to watch together.

Thursday, 8 August

08:30-09:30 Breakfast (Dining room)

11:00-11:30 Break (drinks and snacks will be in the Dining room)

12:30-14:00 Lunch (service until 13:30; Dining room)

14:00-14:30 Meeting of Interest groups

14:00-16:00 Swimming (swimming pool)

The pool is open for two afternoons, with lifeguards.

14:30-15:30 Art with Trish (Art room)

A light hearted session suitable for people from beginners to experienced but with an underlying basis of traditional drawing. All materials supplied.

14:30-15:30 Board games (*The Hangout*)

Bring your own board games or use those supplied

14:30-15:30 Find your voice through drama – Jay Blue (*Music Centre*)

The aim of this hands-on workshop is for its participants to produce a short sketch in pairs and/or small groups. You will be guided through a series of interactive games and activities in which you will explore various aspects of drama, such as voice, emotion, character development and improvisation. During the process, you will be given the necessary tools to produce a short (1-3 minute) piece. If you want, you can then perform it at the Entertainment Evening tonight!

15:30-16:00 *Break (drinks and snacks will be in the dining room)*

17:00-18:00 Discussion: “Dealing with conflict in the autistic community?” – Caroline Hearst (*West Wing classroom 1*)

In any group or organisation conflict will inevitably arise. Caroline says: "I believe disagreement is inevitable in any group or organisation. How this is dealt with can make the difference between hostile conflict and creative growth producing challenge. I am interested in discussing if people feel there is a helpful way of dealing with conflict, and if there are any particular issues around conflict and autism. The intention is to provide a space for a friendly discussion of thoughts and ideas about difficulty, rather than a difficult discussion."

18:00-19:30 *Supper (service until 19:00; Dining room)*

19:00-19:30 Rounds singing (*Outside near main dining room*)

Enjoy singing together? Come and sing rounds with us.
(Although there is a regular session immediately after the evening meal, it is likely there will be ad hoc sessions at break times and after lunch.)

19:30-20:00 Meeting of Home groups**20:00-21:30 Entertainment Evening (*Music Centre*)**

At our traditional Entertainment Evening, participants from Autscape will have the chance to perform whatever they want on stage. However, please keep it short (5 minutes maximum), as there is a lot of interest and others deserve a chance too! Contact Trish at trish.jubb@btinternet.com to register your interest in performing.

21:30-22:30 Sparklies in the Dark (*outside*)

The outdoor edition of our traditional Sparklies in the Dark activity, under the moon and the stars (or, if the weather is bad, inside in the darkened Sports hall). Participants are encouraged to bring their own light-up objects of any kind imaginable. Glow sticks will be available from Autscape.

20:00-late Films (*West Wing classrooms*)

A variety of movies to watch together.

Friday, 9 August

08:30-09:30 *Breakfast (dining room)*

09:00-09:30 *Packing (please vacate your room at this time)*

09:30-11:00 *Annual General Meeting (AGM; Music Centre)*

All Autscape members have the opportunity to vote on issues related to the running of The Autscape Organisation. If you wish to become a member (£5 per year) please contact registrar@autscape.org. Membership helps to support Autscape and allows you to vote at the AGM.

11:00-11:30 *Break (drinks and snacks will be in the dining room)*

12:30-14:00 *Lunch (service until 13:30; Dining room)*