



Summer Newsletter 2026

We hope that everyone has had an enjoyable Summer holiday, and settled back into school/work as best as possible!

Here are the latest updates from HOPE over the Summer period.





Top Story

HOPE going Silver!



Next year, HOPE for Autism will be reaching an unbelievable milestone, our
25th Anniversary!

Our plans to celebrate an incredible landmark in the charity's history are
still top secret, and we hope to share more information in due time!

In the meantime, we are calling on YOU for our help!



We'd love to hear from our members past and present on the positive
impact the charity has made on their lives by completing a short
questionnaire.

Please use the QR code below to access this, as your stories really help give
others HOPE for the future and can be used to secure more funding.





Fundraising



We would like to thank St Edwards R.C Church's social group for their donation of £455 from their car boot sale!



Also to International Beverage for their very generous donation of £1,000! Thank you!

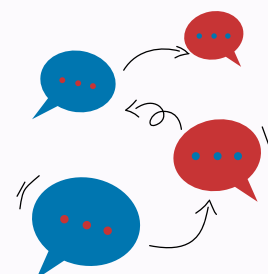


In other news...



Our groups have returned after the summer break, and we look forward to welcoming everyone back to our popular groups, as well as hopefully meeting new families too! Our Aug- Oct groups are just about completed and we still have some spaces in the Oct-Nov timetable, so don't miss out!

Our Autism Discussion sessions, where our autistic staff members support autistic adults with their diagnosis, has been an extremely popular service. In the last 3 months, we have had 42 adults reach out to us for this service! For more information on this, see our website for more details.



There are still bookings available for a number of valuable training courses running both in person and online. To sign up, please check our HOPE for Autism website, or sign up directly via our Eventbrite page.



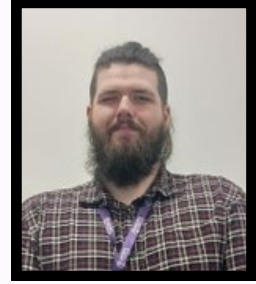
Our Community Drop-Ins return on the following dates:
Wishaw - 8th September - Netherton Community Centre
Uddingston - 7th October - Burnhead Community Centre
Kilsyth - 3rd November - Muirfield Community Centre



Adam and the great outdoors!



Our resident Bear Grylls, Adam MacGregor has been working extensively hard in setting up our very popular Outdoors groups for HOPE. After successfully gaining his Forest School qualification, we caught up with him to find out more about his course, and his plans for the future.



Q: Congratulations Adam on completing your course! When did you finish it, and what did the course entail?

Thanks very much, I finished the course in June this year. The course covers a lot of things - capturing the young people's wants and goals, and helping them independently achieve them with minimal teaching, practicing outdoor skills like plant and animal ID, fire building, knot tying and tree platting. We also do risk assessment planning, including the young people in this too to teach them about safety. And finally to build confidence and encourage leadership skills in the young people.

Q: How did you find completing the course?

It was fine if I am honest! The lecturers I had were very autism friendly, and they helped me a lot with prompts or specific questions. A lot of the learning was visual and practical, which felt much easier to complete. I find written elements a bit more tricky to learn. Doing this to a professional standard was very long and intimidating!

Q: So now that you have completed the course, what do you see as your short-term and long-term goals with the outdoor groups?

Well short-term wise, I am really keen to allow the young people to lead more of the activities during my current blocks. The long-term plan would be to set up a proper forest group session, and contacting local schools and organisations to join in with us.

Q: Has your approach to the outdoor groups changed since completing your course?

In a way yes, as we have changed from activity-based approach (e.g. fire building) and now it is a young person based (looking at what everyone wants to achieve and splitting up responsibilities) and allowing ownership of tasks during sessions. I don't want to force an activity on anyone, they take away what they want from each session.

Q: Has there been any success stories since you set up the groups?

Yes we have Owen, an adult who attends the sessions. He is now taking full leadership of chopping wood. He always asked permission when doing tasks, and now he has full ownership of this. His confidence has grown immensely in the last few weeks. He is now guiding and passing on his knowledge to other attendees. It feels personal to him, and he has learned so much from doing this activity.

Q: And finally, what pointers would you give to anyone wanting to come to your groups?

Outdoor activities have made me the calmest I have been in my life, as listening to nature feels amazing. I enjoy being in the thick of most things, as opposed to running the group myself. Being autistic myself, I can also relate to the feelings that other neurodivergent people might feel. I look forward to meeting anyone keen to join!

Good News Stories



Recently we received a wonderful message with regards to a former member Niki, who has just passed his driving test! We caught up with his mum, who shared his achievement with us. "Niki wasn't sure about learning to drive at first, and I would bring it up to him every now and again. When I mentioned he could use it to go and buy a McDonalds by himself, it started to sink in that this would be good to learn, especially since he had a couple of difficult experiences while taking the bus with his support worker. He used the driving instructor Starsky and Clutch (I highly recommend for any other autistic adults learning to drive!), and it was great that he decided manual was best for him, even though he initially wanted to try automatic.

He is happy for me to share this lovely picture of him, with his very first car, which he is absolutely loving. I couldn't be more proud of you son!



And Finally !!!



All of us at HOPE would like to congratulate our Sports Coordinator Gregor, and his partner on the birth of their new baby girl Ruby!

Everyone is keeping well and they thank everyone for all the wonderful messages in welcoming little Ruby to the world!



We would also like to send our congratulations to our Coordinator Derek, and his partner Stephanie in their recent engagement! She said yes in July, and they are both already working away on their wedding plans. We wish them all the best in planning and their wedding to come!