



Living FASD

Awesome People Amazing Minds

SERIES 1.2

The Big Reveal of
**The UK FASD
Manifesto**

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**Lici and
Rossi rock
Wembley!**

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INSIDE

Learn more about awesome people with FASD

Lici and Rossi take the stage, page 3

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Strategies to help you manage free time, page 7

+ Activities for you to try

And lots more!



Welcome to Living FASD!

The Me and My FASD Club is for you: children and young people with FASD.

FASD is part of what makes you, you. There are lots of other things too. Are you right or left handed, or can you use both hands? Are you awesome at sport, music, dancing, acting or something else? Everyone is unique and everyone is special.

Our magazines will help you to find out:

- what you are good at
- what support and help is best for you
- how your brain works
- how you can encourage others to help you in ways that work for you

Then you can work on your skills to be the best you that you can be. Practice takes lots of time because you have to do things again, and again, and again.

We'll also find what you want others to do to help you feel happy and respected.

Living FASD Series One will have a total of 5 magazines between January 2023 and March 2024.

SCAN ME



Check out
www.fasd.me
for more fun

Thank you to

Pears
Foundation

and the disability
charity Contact



You don't need
to read this all
at one time.
Come back
often!

Awesome

Watch for our
awesome stars! If
you see an orange
star, it means
that story
features someone
with FASD



**Why are frogs
so happy?**

**They eat whatever
bugs them**



Lici and Rossi Rock Wembley

Two young people with FASD performed solos in front of 10,000 people at this year's Voice in A Million concert at Wembley on 15 March 2023!

They sang "You are my song" - a song about the love between kids with FASD and their parents. It says "With you I know everything will be ok."

If you would like to get involved email
team@voiceinamillion.com

LISTEN
NOW

SCAN ME



Wow!

Awesome Lici

Lici says, "VIAM is what my mum does! I have FASD and yet I can stand on the stage and sing solo in front of 10,000 people as part of the Voice In A Million stage choir! I am proud of being able to do that."

"I make lots of friends at VIAM who are all amazing singers."

"My mum always makes sure I am ok even though the rehearsal days are really long. She has a support worker there for me and other children with disabilities who helps me stay organised. It means my mum doesn't have to keep telling me what to do and I don't feel silly!"

"I LOVE Voice In A Million and I love my mum for doing it as I am too scared to go anywhere else to sing."

Rossi said, "Living with a disability like FASD often makes me feel not 'normal!' The VIAM vibe is very inclusive and such a positive environment for young people with FASD to shine a light on their talents and grow their ABILITIES!! I'm so thankful I experienced, shared and found out I'm just great the way I am. ♥"



They sang a song written about FASD by James Hawkins and performed with West End star Darren Day and an amazing Makaton Choir. VIAM is run by Lici's mum Joanne Garofalo who created this idea for children-focused concerts 15 years ago. This year they supported FASD Hub Scotland with some of the money raised. What a great event and WELL DONE to Lici and Rossi!

They had to
practice lots!



Rossi

Awesome

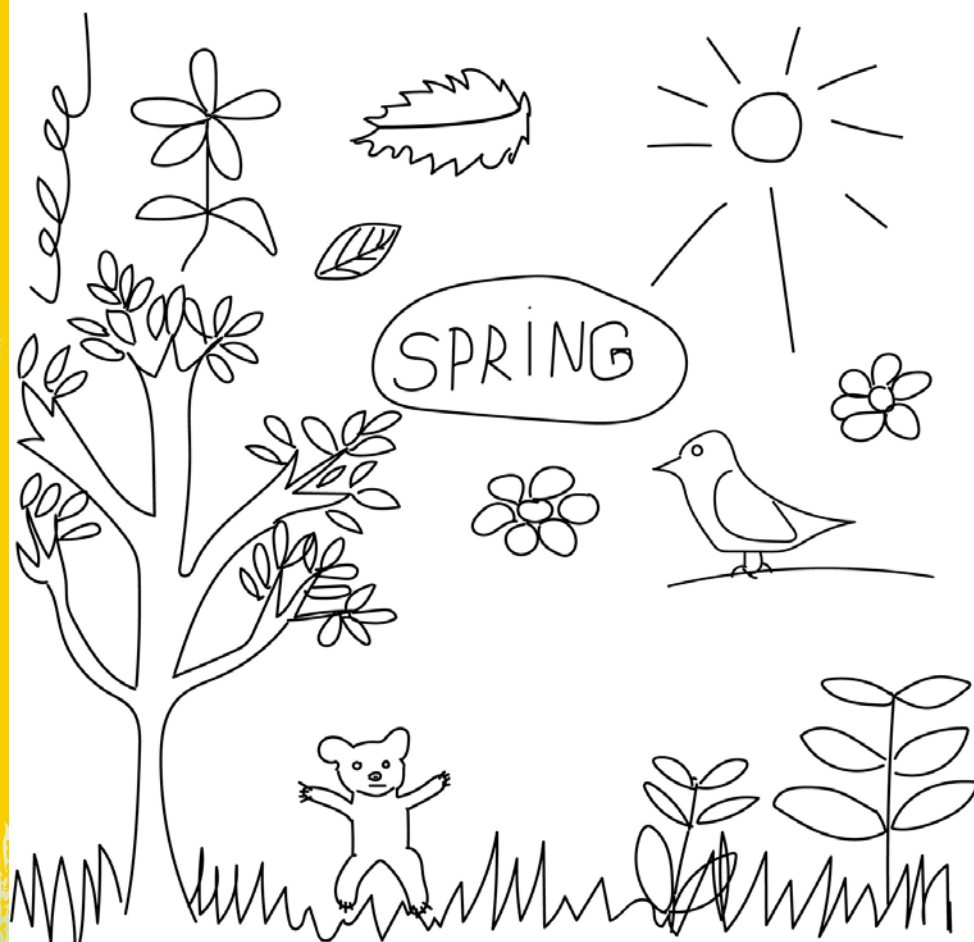
"I'm just great
the way I am"

Hello Spring!

What do you like about springtime?

Going for walks and looking at the flowers can be a great way to relax and help you stay calm.

Colour this in!



Living FASD 1.2 Wordsearch

Z	H	J	J	V	B	S	Z	Y	D	R	O	U	T	I	N	E
B	Z	A	K	Q	Q	B	R	E	D	R	O	S	I	D	Q	M
G	D	A	U	E	U	B	S	F	H	F	F	D	A	J	A	M
W	V	I	Z	Y	L	A	A	I	P	U	H	O	Z	N	Y	F
B	J	S	N	U	P	S	X	R	J	M	O	T	I	Y	L	N
L	M	E	R	N	D	M	S	Q	R	J	K	F	G	O	Q	W
Q	F	N	A	V	J	X	Q	Q	G	R	E	J	W	T	O	P
G	R	L	E	W	P	D	R	N	B	S	I	E	A	B	S	L
I	P	U	N	D	E	L	O	H	T	D	R	S	N	K	P	A
F	W	H	I	F	D	S	A	O	R	I	U	I	B	Z	E	T
P	L	Y	L	G	M	D	O	N	E	P	A	Y	I	O	C	E
W	U	L	D	L	M	G	H	M	P	R	W	Q	E	E	T	F
U	I	F	I	B	F	Z	Q	O	E	A	I	W	J	B	R	F
U	H	C	M	G	N	I	R	P	S	R	S	C	H	M	U	L
T	B	M	K	L	Z	T	W	P	Z	K	Z	Z	L	T	M	I
T	D	S	S	M	H	S	E	I	G	E	T	A	R	T	S	X
C	T	Q	L	O	H	O	C	L	A	M	V	Q	U	Z	T	M

FETAL	MANIFESTO
ALCOHOL	FLOWER
SPECTRUM	SUPPORT
DISORDER	AWESOME
FASD	MP
PLAN	ROUTINE
STRATEGIES	MIDLINE
SPRING	RAINBOW



What season is best to go on a trampoline?

Springtime!

Crossing the midline



TRY THIS!

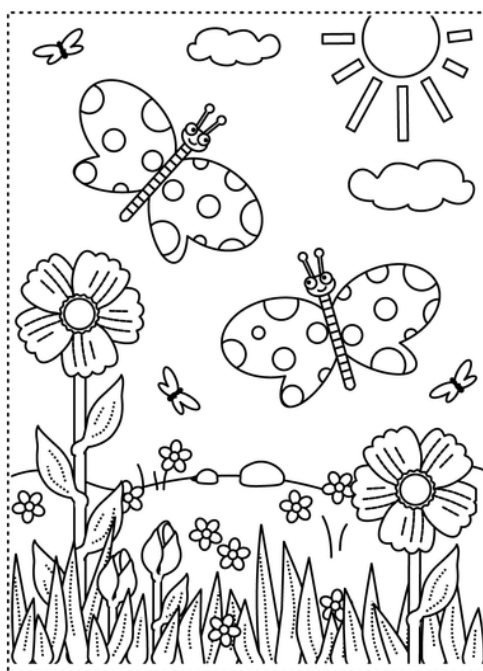
Did you know you have the power to help your brain?

It's as easy as crossing your hands from one side of your body to the other!

Watch our animation to learn more



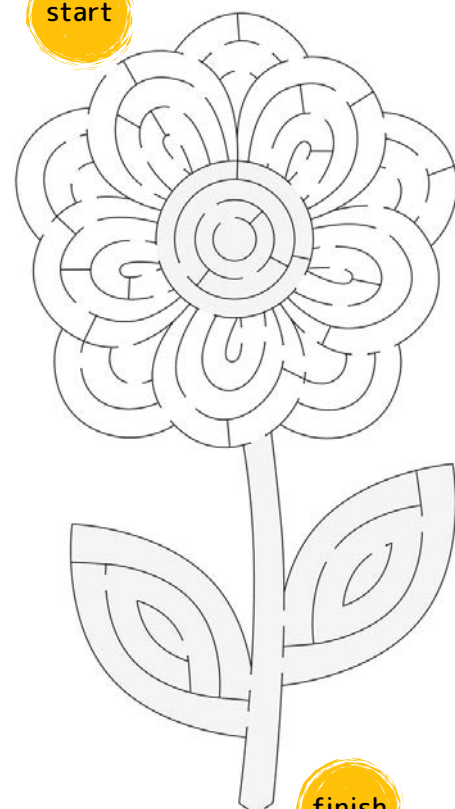
SCAN ME



Find **10** differences between these two pictures



start



finish

A Little Seed

A little seed for me to sow.
A little seed to make it grow.
A little hole, a little pat,
A little wish, and that's that.
A little sun, a little shower.
A little while,
And then, a flower!

--anonymous

When you are out and about have a look around for the springtime flowers and other signs of spring!

Summer term can be hard!

The last couple of months of the school or college year
can be hard!

Do you find it harder in Summer term? Why?

You could tick any of these that apply

- ☐ Classes go off timetable for assemblies and other events
- ☐ There are lots of exams
- ☐ It gets hot
- ☐ Students get tired
- ☐ Don't always know what the teachers want
- ☐ Non-uniform days

Or write your own things you find challenging over the
Summer term.



What goes up
when rain comes
down?

Umbrellas!

You are not alone!

There are reasons why you find Summer term hard
and there are strategies that can help!

Strategies for the rest of term



Get up at the same time of the day



Eat healthy lunches and snacks



Talk to your teachers or parents if you are worried about tests



Agree some coping strategies you can use when you are struggling



Pack your bag with things you like doing in case you have unexpected free time

Changes to routine can be hard!

What's a routine?

A routine means you regularly do things in a fixed order.

For example: on weekdays you might wake up, get dressed, have your breakfast, check your backpack and go to school or college.

But at the end of term and over Summer holidays, that routine changes, so you need a new routine for the summer break.

Timetables can help!

Here's a picture of T when he was younger. He liked to write on a whiteboard what was happening on days when he wasn't in school. He also really liked to play school with all his stuffed animals to keep to a routine. That was a great strategy!

Does it help you to have a timetable you can see even when you're not in school or college? You can use our example or create your own.



What falls but never gets hurt?

The rain!

Thinking about Summer holidays

Summer holidays are different

There's a lot more free time.

No one has to go to school or college for 6 weeks.

Adults often have time off work.

But the routines you do are different than during school or college time.

Most people with FASD find it hard without a timetable. Timetables can help you to know what to expect.

To get the most out of the holidays it's good to start thinking now about what you might be able to do this Summer.

Make sure that there isn't too much to do and you have time to relax. In the next edition of Living FASD we will also set you some challenges for the summer that you might like to try.

You can think about the holidays and prepare for Summer with everyone that you live with.

To help you we have included a Me & My FASD planning sheet.

This sheet shows July and August. You might like to use the planning sheet to write or draw what is going on.



Download now!

Count down to Summer holidays

1 When do you finish school/ college?

2 Are there any clubs or activities you are going on, or that you wish you could do?

3 Are you visiting anywhere over the Summer? Where?

Will you be there for a day, a week or more?

4 Is there anything you need to do for school or college over the Summer so you are ready to start the new school year?

5 What else would you like to do?

6 Would it be possible to have a special "Me and My FASD" day with your family? What would that look like?

Planning ahead for Summer holidays

What things do you most want to do in the Summer break? (These are your 'goals')

Circle ones that you would like to do.

I want to relax

I want to work on my calming strategies

I want to have fun

I want to exercise more

I want to have some quiet time

I want to learn more about my FASD

I want to spend time with my family and friends

Write YOUR goals for the Summer holidays



Pack your bag with tools that help

There will be some days during the Summer break when you have a lot of free time. What activities could you do on those days? Think about who you will be with.

Some days you may be travelling or spending time away from home. You could pack a bag with things you like doing to take with you.

Things you might pack in your bag

- Word search
- Colouring sheet and crayons
- Notebook and pen
- Fidget spinner
- Small toys
- Book
- Your Living FASD Magazine!



Finding interesting bugs



Being artistic



Relaxing in a tent



Gardening and digging



Eating ice lollies



Swimming or playing in water



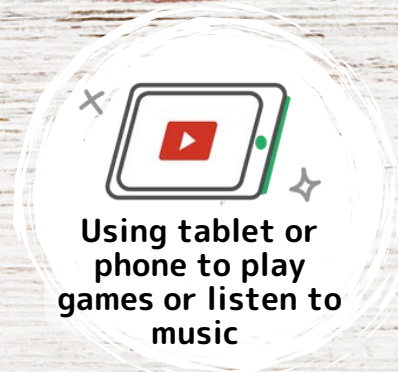
Making music or listening to music

Planning for Summer fun

Circle some things you look forward to doing this summer. Add your own!
Talk about this with your family.



Swinging or going to a playground



Using tablet or phone to play games or listen to music



Going on holiday



Cycling or scooting



Playing sports



Draw your own ideas



Awesome



M

M is 15 years old and has FASD.

In the past 6 years he has gone from learning to kick a football to playing for Manchester United PAN disability!

He also has learnt to catch and is now playing for Cheshire S9's disability cricket.

Baaa



Over Easter M's family adopted 2 baby lambs and he loves to bottle feed them!

M has an amazing big smile and brings joy into the lives of everyone he meets. His family is very proud of him.

Isaac

Awesome

Isaac is 12 and he has FASD. Isaac has been playing basketball since he was 6 years old. He plays on a successful community team that will be entering the national league in September. He works hard at training and loves sport.

Isaac says, "I love playing basketball, I have a lot of energy and that's really useful. Having FASD doesn't stop me doing what I love, in fact I find that I can hyper focus when I play and do really well. I like that there are predictable rules in sports too"

What about YOU?
What makes you awesome?



Why did the bird go to the hospital!

It needed tweetment!

Isaac says, "Don't let FASD stop you from trying new things."



Awesome

Mia

Mia is 9 years old. She has FASD.

She loves all things horsey. She goes horse riding with RDA (riding for the disabled). Her favourite pony is Tank.

Last year Mia won 3 trophies at the RDA regional show for best turned out, cross country and hand pony. Mia does equine therapy which has helped her cope with her emotions a lot better.

Mia says, "I know lots and lots about horses! I love to play on my hobby horse. I dream of owning my own horse someday."



Awesome

Rachel

Rachel says, "I'm horsesome! I love being around and riding horses!"

"I'm horsesome!"

Will

Awesome

Will races ponies and recently came 1st place at Cheltenham on his pony Mysterious Lady. They won by 40 lengths!! (That's a lot!)

Will's brother Henry is always by his side at races to walk his pony up and then congratulate him at the end of a race, whatever the result.

Will wants to be a jockey when he is older so you might see him in the future racing professionally!

This is Will!



Elliott

Awesome

Elliott said, "I liked making the coin best, because you got to take the coin home. I liked doing the stance in the battle"

Elliott took part in a Viking Warrior Training session at a local historical site.

Despite being apprehensive at first, he did so well mixing with others who shared his interest, but he had never met before.

They learnt all about how Vikings prepared to battle.

He learnt about the different kinds of weapons and tools they would have used, and even re-enacted a battle charge.

Elliott also made his very own Viking coin to take home.

What a great achievement and fun!

KJS

Awesome

KJS is curious, interested, engaging, friendly, fearless

Taylor

Awesome

"I am a great friend and kind."

Paige

Awesome

"I'm learning new skills. Ballet and tap, horse riding."



Ruby is 16 and has FASD.

She has made a number of videos about sport, mental health and well-being.

Ruby won her school's Peer Support and Involvement award. She also won Sports Personality of the Year Award for her commitment and enthusiasm in sport, along with so many other awards we can't keep track!

Maybe more importantly, Ruby helps others. She has become a young ambassador and volunteers at a multi-sports class for young children with additional needs. She also attends sports camps as a helper during the school holidays.

She represents her High School and local Disability Sport programme in swimming, athletics and cross country - and has won medals in each sport! She plays para-football and also paddle boards and surfs!

She is the first pupil from her High School's department of additional support to achieve Bronze Duke of Edinburgh and will be taking part in the silver paddle boarding this year. Go Ruby!!

Ruby puts her heart and soul into everything. She is an inspiration to all who meet her. Oh and this girl can sing!!



Ruby says, "Sport is fun and it keeps me fit. I like to help others as it is kind and helpful."

Can you find Ruby singing in "Walk Along With Me"?



You did it !!!

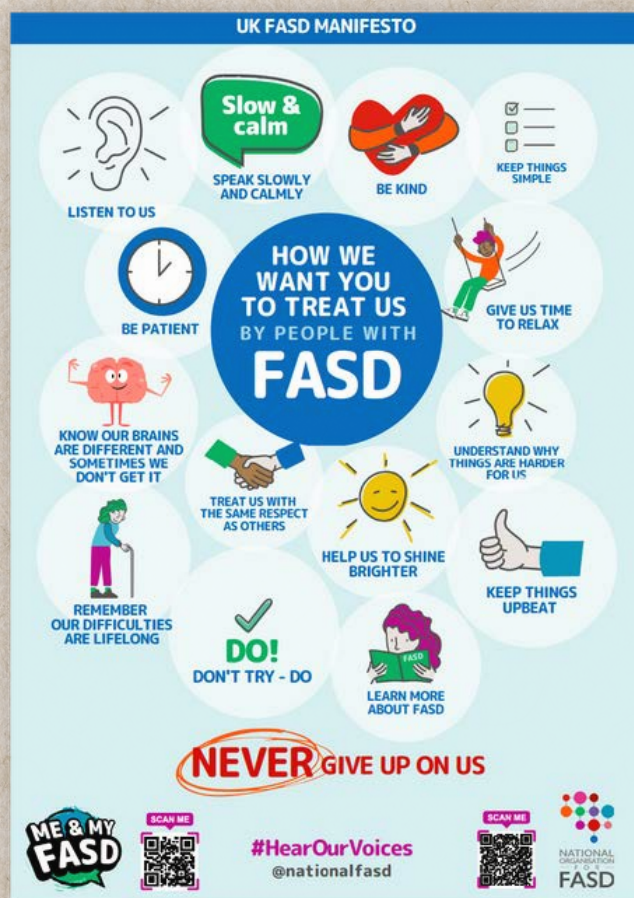
Announcing the UK FASD Manifesto

More than 60 young people & adults with FASD told us how they wanted to be treated by the people who support them.

We put all the answers together and created the first UK FASD Manifesto, a list of 15 things people with FASD wanted others to know!

In March 2023, it was launched at the FASD in the UK Conference at Salford University to 200 people.

Rachel, Bailie, Claire, Georgia and Paula went on stage to tell everyone at the conference about the manifesto. People listened to them and also to audio of Jacob, Dom, Georgia and Jody too. Some people asked questions. Everyone applauded them and all of you who made the manifesto possible.



What do you think of the UK FASD Manifesto? Do you want to ask people to treat you this way? Is there anything you want to add? We would love to hear from you!



Stay tuned! Rachel, Bailie, Claire, Georgia and Paula made some videos too!

Your Manifesto

National FASD created a poster and an animation to help share the manifesto with as many people as possible, so that people know how people with FASD want to be treated.

The UK FASD Manifesto is already getting a lot of attention; we heard it has even been used in America already!

You can watch the animation and learn more about the manifesto here.



<https://fasd.me/uk-fasd-manifesto/>

Share the Manifesto!

We have included some copies of the manifesto with your magazine.

You can give them to professionals - people like your teachers or learning support assistant, your employer/manager, Doctor or Therapist.

You might even choose to give them to people in the community.

Here at Me & My FASD, we are working hard to share the manifesto in many places. If you would like to print out more copies of the manifesto you can find a PDF via the link above or by scanning the QR code.

Or get in touch and we can send you more (as long as our supplies last).



Lots of people at the conference showed their support for your manifesto!

Awesome

Georgia

Georgia went right to the top and presented the UK FASD Manifesto to the Health Secretary Steve Barclay - who is also her local MP.

It's important to tell your MPs about what matters to you.

If you would like to write to your MP and send them the Manifesto, you can copy the next page or write your own letter.



Georgia said:

“ It was really good to spend 40 minutes talking to Steve Barclay about how FASD has affected me and what needs to be done in Cambridgeshire and nationally to support people with FASD. He was very genuine and interested in what I had to say to him. ”

Write to your MP!

Find their address here

Copy the next page, download our template or write your own letter



Download now!

SCAN ME



Let us know if you hear back! Email hello@fasd.me




Dear _____


I have FASD, which means my brain and body were affected by alcohol before I was born. People with FASD need diagnosis and support.

We want to be treated with the same respect as others. We created this new UK FASD Manifesto. The Health Secretary Steve Barclay met with a young adult with FASD to learn about it. Will you meet with me and my family so we can tell you more?


UK FASD MANIFESTO




LISTEN TO US




SPEAK SLOWLY AND CALMLY




BE KIND




KEEP THINGS SIMPLE




BE PATIENT




GIVE US TIME TO RELAX




KNOW OUR BRAINS ARE DIFFERENT AND SOMETIMES WE DON'T GET IT




UNDERSTAND WHY THINGS ARE HARDER FOR US




TREAT US WITH THE SAME RESPECT AS OTHERS




HELP US TO SHINE BRIGHTER




KEEP THINGS UPBEAT



REMEMBER OUR DIFFICULTIES ARE LIFELONG





DO!
DON'T TRY - DO



LEARN MORE ABOUT FASD


HOW WE WANT YOU TO TREAT US BY PEOPLE WITH FASD

NEVER GIVE UP ON US




SCAN ME

#HearOurVoices
@nationalfasd



SCAN ME



NATIONAL ORGANISATION FOR FASD

Signed,

Age

Address

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Freddie

Awesome

Freddie was chosen player of the match in his first adult league game - well done Freddie!



Here are some of the young people who are part of a local FASD Support Group where they live.

People with FASD are doing amazing things all over the UK.



Everybody with FASD is different. What are you most proud of? Get your trusted adult to send us info via our portal!

Lucas

Awesome

Lucas is taking part on a stage at a regional theatre in a Shakespeare play!

Tay

Awesome

Tay loves boxing! Tay said it helps his anger and stress.

"When I am feeling these emotions I can swing at the bag and it helps me control the feelings."

Dan

Awesome

Dan has a black belt in karate! He recently had his first interview for a job - and he got it! He is a part-time Kitchen Porter in a local pub. He helps prepare veg and assists the chef with kitchen duties. His boss is extremely impressed with Dan's work ethic!



Jaxx

Awesome

Jaxx has been working on a supported internship with children with special needs - working as a playworker for children with disabilities. Jaxx says, "I love being a playworker because I get to help lots of different children with different challenges they go through and I love that it changes the children life and the parents for a better one."

"I love being a playworker because I get to help lots of different children"



Emily

Awesome

Emily was signed by a professional modelling company





**FASD is short
for Fetal Alcohol
Spectrum Disorder.**

Sometimes it has an 'o' in
"Foetal" – but doctors use
the international spelling
with just an 'e'.



**FASD happens when
someone is affected
by alcohol before
they were born.**

Not everyone is affected.
We don't know why.



**LOTS of people
have FASD.
You are not alone.**

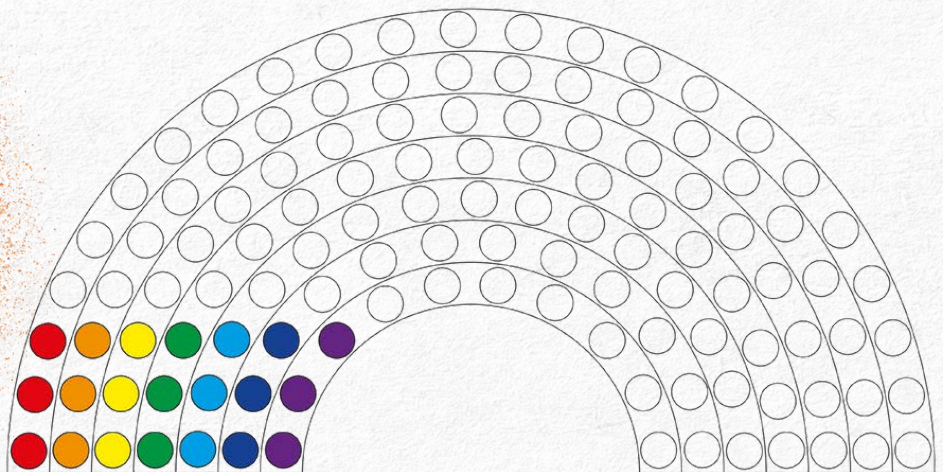
Most have not yet had a
diagnosis, so they do not
know they have it.



**Name a bow that
can't be tied**

Rainbow!

Colour the dots to complete the rainbow!



**Do you like your Me and My FASD
Club/ Living FASD mailings?**

Please send us a photo of you with your pack so we
can show other kids how great it is to receive these
magazines and other resources!



Merch



Break it down board

A visual tool to help people with FASD work through good and not-so-good situations, to help them identify different strategies and strengths that can help them.



Calming cards

A set of 50 colourfully illustrated visual cards with suggestions from more than 70 people with FASD about what helps them to stay calm.



The Misunderstood

The Misunderstood: Living FASD - a fun way for a young person to work with an adult to explore different aspects of living with FASD.

These are available to purchase on

<https://tinyurl.com/MeAndMyFASDMerch>

SCAN ME



Training

People can help you more if they know more about FASD.

If you think that someone who supports or works with you would benefit from learning more about how your brain works and why people like you with FASD are awesome, they can find out more here.

We also have leaflets available that can be downloaded from our website that you could give to them about our training.

SCAN ME



To subscribe to Living FASD

If you got this magazine in the post, you don't need to do anything.

If you have seen this magazine elsewhere and want to join the Me and My FASD Series One and get all 5 magazines, look here.

<https://fasd.me/club/>

SCAN ME



Spring

After the cold winter, springtime is a great time to get back outside - to be active, to enjoy the sun and to plant seeds for Summer.

We asked what people enjoy about Spring - here are their answers



Awesome

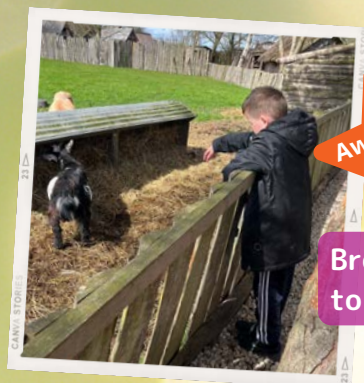
Can you see the newborn lamb?

Lettie has been helping with lambing this spring and Jojo loves cuddling the lambs.



Awesome

Jasmine (9) loves Spring because she loves to play with the new baby lambs and feed those whose mothers can't feed them.



Awesome

Brody - "I am kind to animals"

Levi says, "The Spring sunshine was awesome!"

Levi (15) - "I managed a few days away with Mum and Dad in Spain to enjoy some sunshine. We haven't been on holiday since before the pandemic so I was anxious not to miss the flight on the way there, and pretty anxious on the way back too, to get home and see my dog again. My iPad helped to keep me calm while we were away. The Spring sunshine was awesome though!"

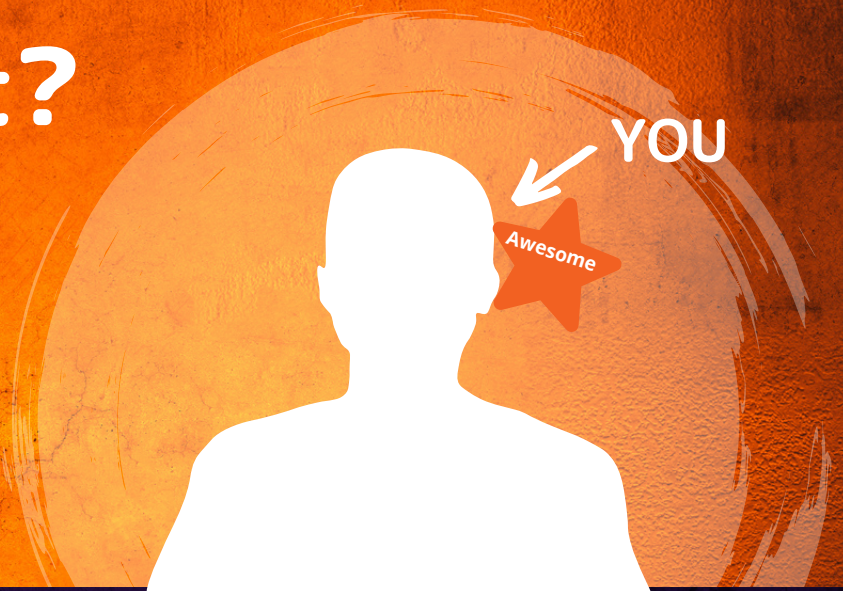


Brianna - "I'm always smiling especially when it's sunny"

Awesome

What's next?

YOU can be an
'awesome' star
in the next edition
of Living FASD!



We need **YOUR** help to make
the next magazine brilliant.



Our next magazine will be sent out in July 2023. It will focus on people with FASD who are awesome.

Please let us know what makes you awesome.

It also will include a special Summer fun challenge, links to videos and other resources!

To send us things, please get help and permission from your trusted supporter - usually a parent, carer, or guardian. If you send us photos, we will try to include them in the magazine. Remember, we need permission before we can use photos of you.

Checklist of things you can send to us via our Me and My FASD portal:

- ☐ Your thoughts about the UK FASD manifesto, p 16-19
- ☐ Something about you that is awesome
- ☐ Your goals for the summer holidays, p 10
- ☐ Send us a photo of you with your Club package, p 21

Thanks for reading!!



Scan this QR code with
your phone
or go to
<https://fasd.me/portal/>