



Living FASD

Awesome People Amazing Minds
SERIES 1.3

**Grace & Jonny are
World Champions!**

Page 12-13

**Jojo helps
save the
oceans**

Page 7

INSIDE

Read about awesome people with FASD!

Enjoy fun activities!

SPECIAL FEATURES:

Take our Summer Challenge! Page 10-11

See our tools to get ready for school and college, Page 16-18

Plan ahead for September FASD Awareness Month, Page 15

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.

*You don't need to read this all at once.
Come back often!*



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

Everyone who features in the magazine has (or may have) FASD!



Thank you to

Pears
Foundation

and the disability
charity Contact



Check out
www.fasd.me
for more fun



Why are frogs so happy?

They eat whatever bugs them

You will see
some familiar
faces in this
magazine!



Meet our advisors

Why are some of the same people in Living FASD more than others?

They are part of an advisory committee of people with FASD who have been helping us create Me and My FASD resources from the start.

They are inspiring leaders helping us all to create better lives for people with FASD.

These are some of our advisors in this magazine. Scan to learn more about people with FASD who advise us



Hopscotch!



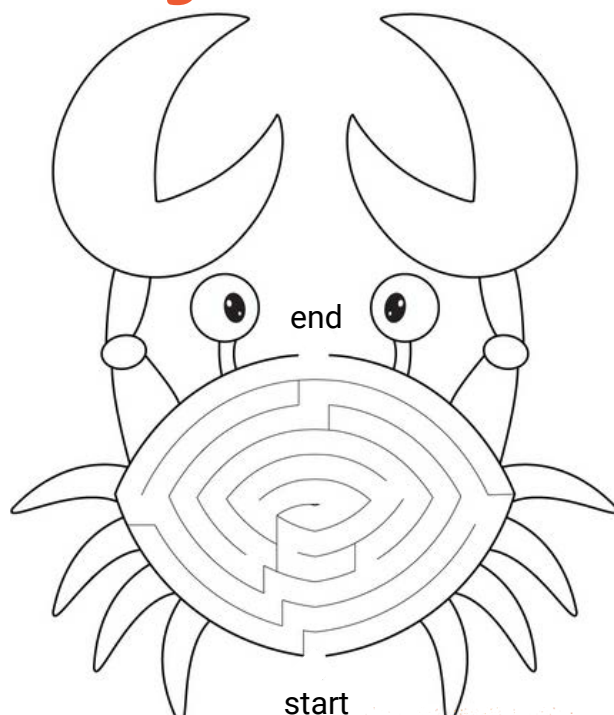
**Have you ever
played hopscotch
before?**

It's a fun game to jump around and release some energy! You don't even need anything to play, just your imagination.

Jump with two feet on square number 1, then jump with your feet apart where you see two squares, one foot on each.

You could draw it on a patio with chalk, use coloured items to highlight the squares or visualise the squares with your imagination.

Can you find a route through the maze?



Top tip!

Did you know that movement can help calm your system?



**What's black
and white and
red all over?**

A zebra with
sunburn!

AWESOME PEOPLE!

Kyle

Awesome

#HappyToTryIt
#IDidIt

Kyle had a wonderful holiday. They used cycles, handcycles, and climbed the climbing walls. Mum said they "squealed with delight on the trapeze swing, walked down a hill so big it felt like a mountain, balanced and wobbled around the treetop assault course and topped it off with a zip line ride in the pouring rain. We laughed, we wondered, we stayed motivated and overcame any challenges that we met along the way, including tears and fears. Very proud of all of us."

Paige

Awesome

"I am really good at gymnastics. I am amazing and very kind"

We think you're amazing too Paige!



Anton

Awesome

Anton has been making super progress on his FASD strategies

"Others are supporting me better now."

"I am no longer violent."

"I also don't say as many mean things now."

Great work, Anton and the people supporting you too!



Imogen

Awesome

Imogen is awesome at doing contortion!

Imogen says, "I like to do contortion because it makes me feel good and I enjoy trying to teach other people and my friends. I learnt to do contortion by watching YouTube videos. Sophie Dossi is my favourite contortionist. I also love swimming, art, making slime, dancing and cooking. I find it hard to do the splits and handstands but I keep practicing. I hope you like my photo."

Did You Know?

Did you know that many with FASD have what's called hypermobility. That is when your joints are very flexible. If you have hypermobility it's good to chat about it with your doctor.



WOW!!!

Visiting the seaside!

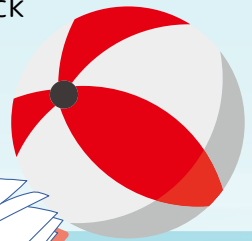
Are you visiting the beach during the Summer holiday?

There are many activities you can do there.
You might enjoy...

- paddling in the water
- collecting different shells or pebbles
- building sand castles
- drawing in the sand with a stick
- reading a book
- kicking or throwing a ball

Activity!

Can you find the route out of the maze for the bird?



Write down or draw some things you might like to do at the seaside:



Perhaps you & your family & friends
could do a litter pick up like Jojo!



Jojo

Awesome

Jojo is the Marine
Conservation Society's
**Young Ocean
Optimist
of the Year!**

Jojo has raised
over £3000 for 4
different charities
and has inspired
hundreds of litter
picks.

Jojo is an awesome young person with FASD who wants to save the oceans!

Jojo was very unwell. He had 7 surgeries. He had part of his bowel removed and is also peg fed, like some others with FASD. When he woke up after his surgeries the first thing he asked was, "Did I save the oceans yet?"

Watching videos of whales and sharks is a coping strategy to help him stay calm, it helped while he was in hospital. His campaign got attention. People sent their scuba photos. That helped him feel better!

Jojo drew pictures of sharks and sold them to people to help raise money. Jojo's mum said, "Seas and oceans give Jojo a reason for life...and whilst he can't read or write yet, he'll tell you all about the midnight zone, or his favourite shark of the moment."

For his 8th birthday Jojo wanted "a gazillion people to do a litter pick". He didn't quite get a gazillion (yet), but he has raised more than £3,000 pounds for charities and more than 100 people from around the world got involved in litter pick ups! He received a special award - he was named Young Ocean Optimist of the Year by the Marine Conservation Society.



"Did I save the
oceans yet?"



Superb! Way to go Jojo!!

Create Wild Art!

Wild art can be great fun. It is a great activity for the summer and you can do it anywhere!

Go outside and collect some interesting things. Grass, leaves, sticks, shells, sand, soil - anything!

Position your items to create a picture. You can move them as many times as you like. How many different pictures can you make?

You could even glue them to a piece of paper if you wanted to keep your picture.

You'll need these tips for the Summer Challenge on page 10!



Use the portal
to send us
pictures of
your wild art!



Read a book

Reading is a great activity for the Summer

Keep a book in your backpack for when you have free time. Find a nice, comfortable spot to sit and find out what happens in the next part of your book. If you don't like reading try a picture book, a graphic novel, an audio book or a video.

Does your local library have any Summer events or reading challenges you could get involved in?

Circle the kind of book you like best



Chapter book



Graphic novel



Picture book



Audio book



Workbook

There are lots of kinds of books for different kinds of brains!

Abigail

Awesome



Abigail has had challenges with her health and education, including being bullied at her old school. But she went to an amazing new SEN secondary school that is equine therapy based (that means horses!). Before attending Abigail was fearful of horses. But from day one she loved this school. Within 6 months she was riding. Now in Y9 she's started working at school on a Sunday afternoon and absolutely loves it.

Her mum says, "We couldn't be prouder. With her positive attitude and determination she can achieve whatever she wants. Abigail is the most caring young lady I know. She's funny, loving and we are the luckiest parents ever. Abigail is seriously awesome!!"

Fantastic!

Jane

Awesome

Jane is an adult with FASD who has learnt how to follow directions and other strategies to help when travelling.

Jane says, "I travelled by myself to Australia in November to visit my family. This was my 2nd trip that I have accomplished on my own. The first one being to Hong Kong to visit my college friend back in 2018. I was very pleased I managed this as I have always had a reputation of getting lost and struggling to follow directions."

Here's Jane petting a kangaroo in Australia!



Go Jane!

Chellie

Awesome

Chellie has been riding with RDA (Riding for the Disabled) since she was 4 years old. RDA support children and adults with disabilities and promote opportunities for them to achieve.

In 2016 she was National Champion in two events! Recently she moved to a new RDA stable that has bigger horses. Chellie was entered into the Countryside Challenge event at the regional finals having only ridden 6 times in 4 years due to COVID. Chellie got 2nd place and qualified for the upcoming National Championships!

Good luck at Nationals Chellie!!

P.S. You rock your "Ask Me About FASD" shirt!!



Summer challenge!



Download Summer challenge PDF

Having unscheduled free time can be tricky. Here is a summer challenge. Can you complete and tick off all of the things on the list?

Some will be hard, some will take practice and others will come easily to you.

Let us know how you get on and we'll send you a certificate!

Tick box

☐


Climb a tree and draw the leaf from the tree

☐


Camp out in the wild or your garden or your living room.
What sounds did you hear?

☐


Build a den. Outside you could use fallen branches, twigs, leaves to make your den. Inside you could use cushions and blankets. Take a photo of you in the den

☐


Skim a stone. Can you do four bounces? What was the most bounces you did?

☐


Run around in the rain, time to make a splash!

☐


Go on a bike ride with a trusted adult or friend. A speedy way to see your area

☐


Make a daisy chain. How many daisies could you put together?

☐


Create some wild art, there's information on Page 7 to help you do this

☐


Make some slime

☐


Visit a farm, or spend time with some animals

☐


Name 5 things that help calm you and write them down or draw them so you have them ready for school or college

Tick box

☐

Walk barefoot in the grass

☐

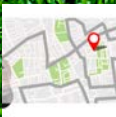
Go star gazing with a trusted adult or a friend

☐

Make an insect house

☐

Go bird watching

☐

Be an explorer! Go for a walk somewhere new with a trusted adult

☐

Make a paper aeroplane and see how far it can fly

☐

Shout as many five letter words or as many rhyming words as you can

☐

Learn three new facts about your favourite animal

☐

Design a poster to show what it is like to have FASD for September Awareness Month

☐

Go on a community or beach litter pick like Jojo (page 6) with your trusted adult, family or friend

☐

Share the UK FASD Manifesto with someone you know



SCAN ME



We would love to see photos of you completing your challenges!

A trusted adult, a friend or family member can help you complete your challenges. They can keep a record of what you have achieved.

Once you have completed all of the challenges you choose to do, a trusted adult can download a certificate for you!



Download certificate



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023

World

Grace

Awesome

In the last edition of Living FASD we introduced Grace who is 14 and has FASD. She was training for the Special Olympics in Berlin. We said that we'd tell you how she did. Grace was brilliant!



Grace is a
World Champion!!

- Gold on Floor
- Gold on Beam
- Gold on Vault
- Silver on Bars
- Overall Gold!

"It was absolutely amazing"

Grace had the most amazing time in Berlin. She told the BBC her favourite part was meeting people from all over the world and showing the world what she can do.

Her mum said, "Grace has managed amazingly being away from home and us for 15 days." She's made new friends and built lots of memories.

Grace's mum said, "Watching the sportsmanship, friendship and inclusion during these games have blown me away."

At the finals Grace achieved a Personal Best on Floor & Beam! Bars is her hardest platform and her vault performance looked good. She was excited while waiting for the medals ceremony! Here mum said, it was "An overall amazing experience with the best possible result."



Grace was on TV!



Photo: John Fairhall/BBC

Champions!

Jonny

Awesome

We were also contacted by Jonny to tell us that he had too had been at the Special Olympics. Jonny became a World Champion winning 7 medals!! Jonny lives in Northern Ireland and represented Ireland at the games.

Jonny is a World Champion!!

- **4 Golds**
- **2 Silver**
- **1 Bronze**

Jonny is 19. He has been doing Gymnastics since he was about 5. His mum says, "Every time I came into the family room he was either upside down or pushing himself up and down between 2 chairs!"

When he was 8 Jonny joined a Special Olympics Club. He got 7 gold medals in his first competition!

Berlin was his first World Games. He is now the Special Olympics Mens Level 4 All Around World Champion! He's also been on the local TV programme.

Jonny really enjoyed being away and meeting new people and most of all becoming World Champion in Gymnastics. He also does other Sports, Judo, swimming, Rugby and even Lawnmower Racing!

School (particularly secondary school) was "not a great experience" for Jonny, so being in the Special Olympics provided better experiences for him.



What is Special Olympics?

In June 2023, the largest inclusive sports event in the world took place in Berlin and at least 2 UK athletes with FASD were there. The Special Olympics focuses on ability not disability. Anyone with intellectual disabilities can take part in the Special Olympics regardless of their age or ability level.



England, Wales,
Scotland

Interested?

Scan to find out how to get involved in Special Olympics.



N Ireland

Dom

Awesome

Dom has been raising awareness of FASD for most of his life! He continues to spread the message about how important it is to understand FASD.



Can you spot Dom's video on the www.FASD.me homepage?



Rachel

Awesome

Rachel spoke to policy makers and business leaders at a meeting of the Working Together Trust at the Savoy Hotel in London. She spoke about how important it is for people who support care leavers to understand FASD.



Rachel and Sunny on the tube on the way home after their big night at the Savoy.

People with FASD are powerful advocates

i

An advocate is a person who publicly supports a cause. You can be an FASD advocate too!

Awareness month is a great time to have a go.

Georgia

Awesome

Georgia spoke to the Deputy Chief Medical Officer Dr Jeanelle de Gruchy and other leading experts at the launch of National FASD's Alcohol and Pregnancy toolkit. She talked about how important it is for midwives to help pregnant women to have alcohol-free pregnancies.



"As someone with FASD, I need to tell you that every time you speak to someone about the risks of alcohol exposed pregnancies the message grows and becomes stronger."

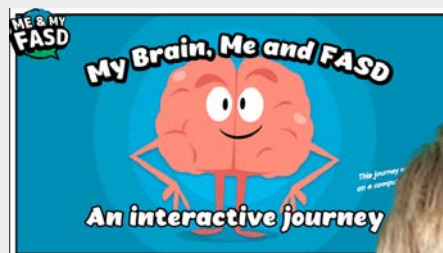


Georgia with England's Deputy Chief Medical Officer Dr Jeanelle de Gruchy

Tolka

Awesome

Tolka did a presentation for his class in college using the interactive My Brain, Me and FASD comic to help them understand about FASD. He has inspired others to talk about their conditions too!



Tolka said, "I felt blessed! I've wanted to do this for a long time."

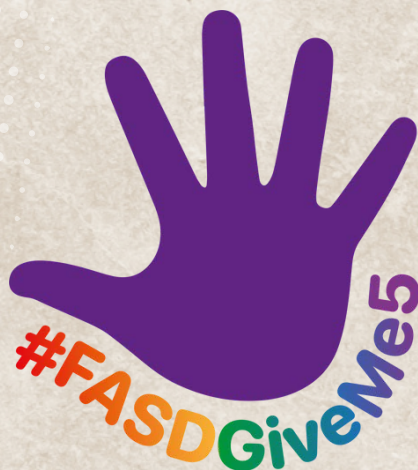


Scan for the comic



September is
FASD
AWARENESS
MONTH

#FASDGiveMe5



Check our FASD
Awareness Month page
for updates!

In September, FASD groups all across the UK join together with groups from around the world to raise awareness of FASD.

Maybe you and your family are part of the one of these independent groups?

This year for awareness month all the FASD UK Alliance groups are using the hashtag #FASDGiveMe5



9/9 is
international
FASD day

What would you like to do to help raise awareness of FASD?

#FASDGiveMe5 ideas



- Ask if you can take 5 minutes to tell your class about the FASD Manifesto
- Talk to people in your community about 5 things that would help people with FASD
- Make a poster showing 5 things about what it is like to live with FASD
- Give yourself a high 5 for something that makes you awesome
- Tell people you want a personalised FASD management plan as called for in NICE Quality Standard 204 Statement 5

**Did You
KNOW?**

**You could be
in the next
magazine!**



If you do something awesome to raise awareness of FASD, get in touch and tell us all about it so that we can feature you in the next magazine!



Back to school or college



When you go back to school or college, you will have a routine again, but it may be different than before the Summer. You might have a new teacher, a different classroom or even a new school.

What you can do to help

Ask your trusted adult to help you to put together a list of things you want your teacher to know.

Think about things that help you stay calm and focussed in school.



Write or draw some things that might help you prepare for school or college



What do you call a snowman in July?

A puddle!

Calm breathing

Summer is a great time to practice your calm breathing. You could sit outside in the fresh air and enjoy taking slow, deep breaths.

Calm breathing is a great tool to help you as you return to school. Try to do it whenever you feel anxious.



Watch a video about calm breathing





Plan ahead!

Passport

Fill in the Me and My FASD Passport for your new teachers



Download

Calming cards



Use the Calming Cards to help people know what helps you



Buy

FASD Manifesto



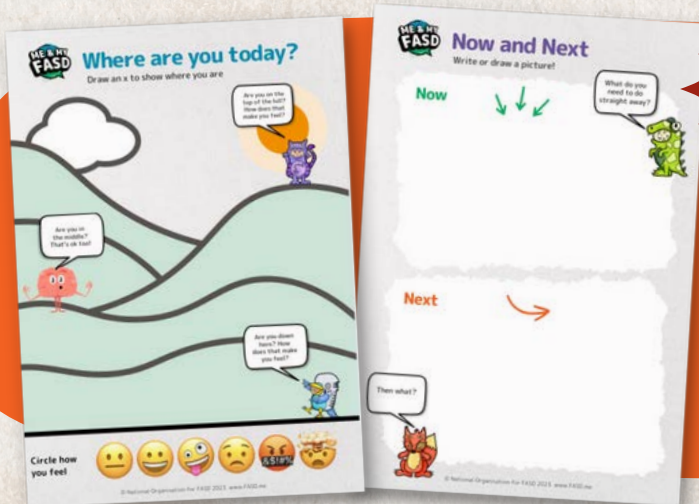
Show the UK FASD Manifesto to teachers and TAs



Download

“Some days I can feel on top of the world. On other days everything is a challenge.”

Georgia



NEW

Download or order



Our new 2-sided Whiteboard helps you to think about how you are feeling and what you have to do.

What do you remember about your favourite classroom?



Did you know that it matters to people with FASD what classrooms are like? We'll talk more about this in the next magazine.

Is your favourite classroom big or small ? _____

What colour are the walls? _____

How many tables or desks are there? _____

How many windows are there? _____

What can you see from the windows? _____

How many doors are there? _____

What do you like best? _____

Send us your back to school or college photos!

For some families, taking a photo before the first day of school and college is a tradition.

It can be fun to look back at how much you've grown, to see your old uniform or what hairstyle you had.

Some people also take photos for their first day of work or volunteering.

We would love to see YOUR first day photos!
We like to celebrate new adventures (even if they are a little scary).

SEND US YOUR PHOTOS - Please scan the QR code to our portal to have your photo in the next Living FASD magazine!



Fun activities

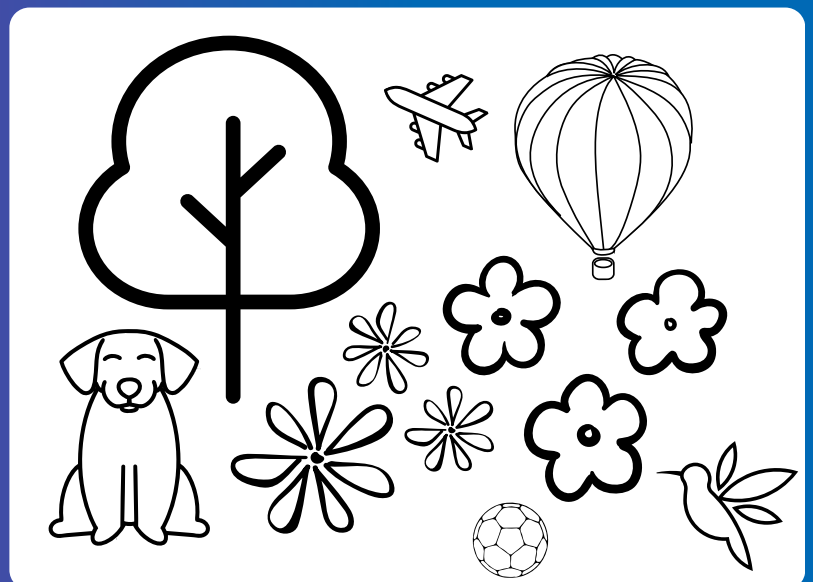


Complete the picture of each flower. Think about the shape, size and colour of each flower.

This is a fun activity that you can do with other people. It's great if you have unexpected free time, all you need is a piece of paper and a pen or pencil.

Draw a picture, anything at all. It might be what you can see, or something you enjoy. Next, pass it to the other person, they have to add something to your drawing. Keep passing it back and forth without letting the other person see what you're drawing.

This is an example,
but we wonder what
YOU could create!



Where do sheep
go on holiday?

Baa-hamas!

AMAZING MINDS!

Max

Awesome

Max says, "I am brilliant because I have been working really hard at school and I got to bring everywhere bear home for the weekend."



Charlie

Awesome

Charlie says, "I am home educated because I couldn't cope in school (mostly because of bullying), so I don't usually get to do normal school activities. When it was the King's coronation, my older sister's SEN college decided to make mugs and tea towels with the students artwork on. They let me join in and do them too. I love drawing and this was perfect for me. My sister's tutor was so impressed he said he'd buy them if he saw them in the shops."



Samie

Awesome

Samie says, "Hi! My awesome story is I have had three heart attacks and a quadruple bypass. I was able to see the band Tool twice - a dream come true. I have a very special friend who is sharing her beautiful lovely life with me. I live now in the North West of the UK by an amazing sea. I'm very grateful to still be here on this amazing planet with some amazing people."



Naomi

Awesome

Naomi's mum says she is a superhero! She's always happy and she loves life. Naomi is registered with a modelling agency. She and her mum want to make it more common to see people with disabilities in the media.

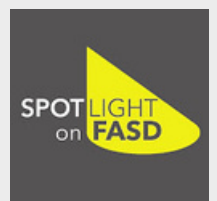


**How can you tell
that the ocean is
friendly?**

It waves!

COMING IN SEPTEMBER

- See the UK FASD Manifesto on the Spotlight on FASD podcast!
- See new videos about the FASD Manifesto on the Me and My FASD YouTube channel



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.



To subscribe to Living FASD

If you are already subscribed to this magazine 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/>



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.
Schools can buy them too!**
Scan for merch



Isaac

Awesome



Isaac says, "I am awesome because I turned my neighbour's spare pallets into a herb garden so I can feed my rabbits."

Great idea, Isaac!

Grow your dreams!



People with FASD - young and old - often love to be outside and to garden. Do you?

It's great sensory input and can help you keep calm.

Is there something you are awesome at that you could do when you grow up - maybe as a job, a hobby or as a volunteer?

Lee

Awesome



Lee is an adult with FASD. He has always loved growing flowers. He learnt about gardening from his mum. Now he has his own gardening business!

Can you spot the before and after difference once Lee does his work?



Great job Lee!

Summer

Summer is a great time to get outdoors and to enjoy the sun. It's also a time for celebrations.

Isaac and his mum celebrated Pride Month

Awesome

Awesome

Charlotte says "I've just completed my GCSEs and I made it to Prom"

Laura celebrating her 10th birthday wearing her mermaid tail

Awesome

Skye is learning to swim in the big paddling pool

Awesome

What helps you stay calm in summer?

Check out our calming cards with tips from others with FASD



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 September 2023.

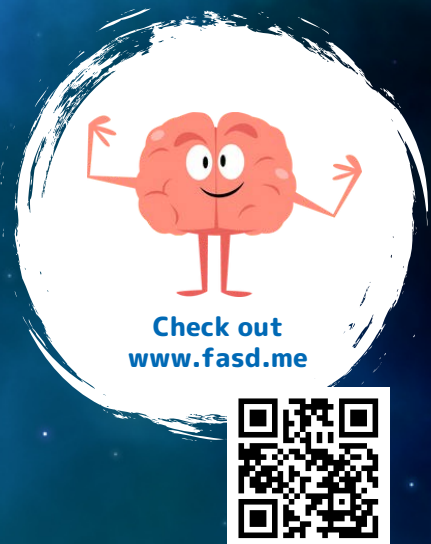
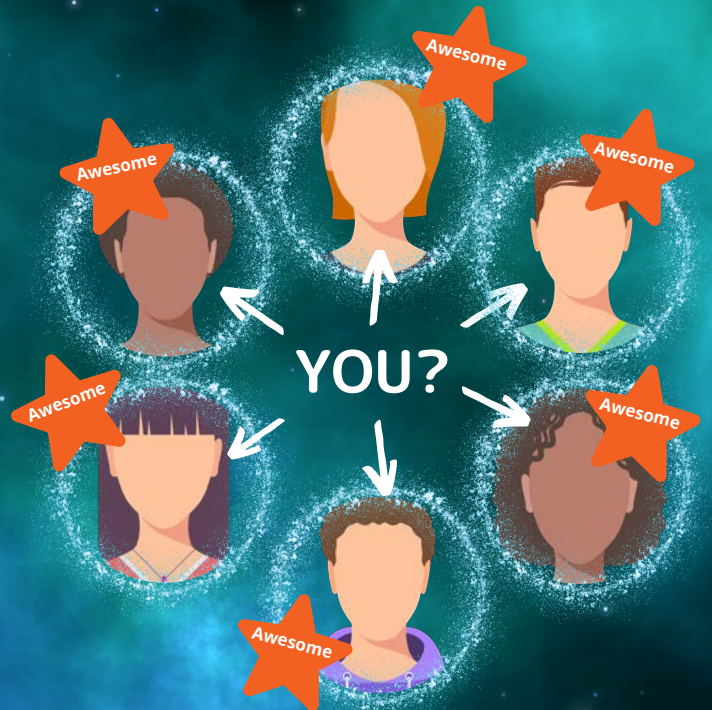
It will focus on people with FASD who are awesome.

Please let us know what makes you awesome.

It also will include FASD Awareness Month, learning, the UK FASD Manifesto, 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 summer challenge results
- ☐ Your back to school/ college photo
- ☐ Your plans for September Awareness Month



Use the portal!



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



for reading!!
And thanks for being you.
You're awesome.