



Living FASD

Awesome People Amazing Minds
SERIES 1.5

Ruby Won!

BBC Scotland's
Unsung Hero

Jody has her own business!



INSIDE

Awesome stars gallery from Series 1

Special feature articles on pets

Spring mindfulness

Sensory activities

Barley's story - Rossi makes a brave decision

And lots more!

+ activities for you to try

BBC
70TH

PERF
OF THE

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 become the best you that you can be. Practise 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.

**This is the last copy of Living FASD Series 1.
Series 2 is coming soon.**

*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*



Thank you to

**Pears
Foundation**

and the disability
charity Contact

Check out
www.fasd.me
for more fun



**What do trees
say to spring?**

What a re-leaf!



Pet Pals!

Can you find 2 that are the same?

Colour them in!

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

Living FASD 1.5 Word Search

Living	Unsung
FASD	Hero
Pet	Fidget
Caring	Spinner
Spring	Acrostic
Breathe	Parliament
Sensory	Awesome
Rock	Stars

What did the beach say when the tide came in?

Long time, no sea!

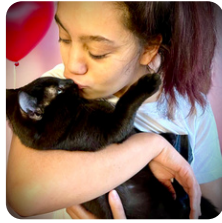
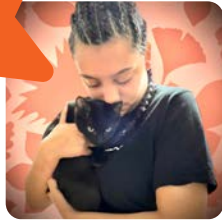


When pets are part of the picture

Emily

Awesome

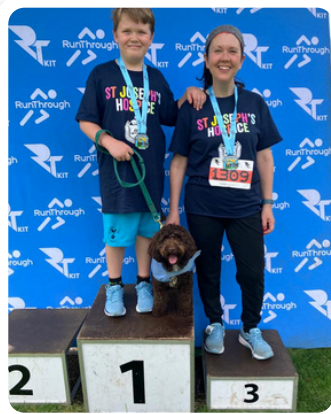
Emily says "I am living in my own house with carers. I have a cat called Buddy. I love him. I'm 21 and have FASD. Buddy lives with me and loves me and gives the best cuddles."



People with FASD often find pets help them, though they are not for everyone. A huge thanks to everyone who sent in pics! We see the love and connection!

Chris

Awesome



Chris is an excellent and caring dog owner.



Paige

Awesome



Paige says, "These are my awesome pets, Charlie and Casper."

Jojo

Awesome

Animals help Jojo calm down when he's dysregulated and he will instantly pull towards them when he's either ill or upset. He likes to say that he can talk to the animals, a little bit like Dr Doolittle, and has full on conversations with them. He is so confident around them. They always flock towards him.



Lu

Awesome

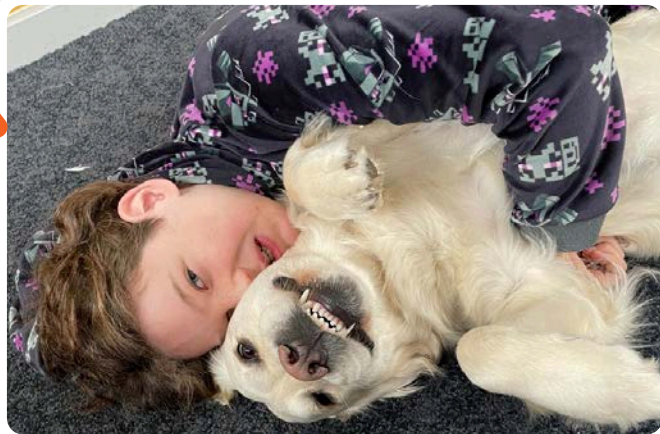


At 19 months old, Lu went home to join Finn the Border Collie and Nova the Nova Scotia duck tolling retriever. The dogs have been absolutely the best thing in his life especially on the days when he struggles and is just finding life hard, such calming presences they can help him regulate so well. They have been inseparable since day 1. Lu coming down each morning saying, "Morning puppies" really is the most heartwarming thing. Lu continues to go through ups and downs in life but with his furry siblings by his side it's just that little bit easier.

Mackenzie

Awesome

"I am an FASD dude with my assistance dog, Polly."



Skylar

Awesome



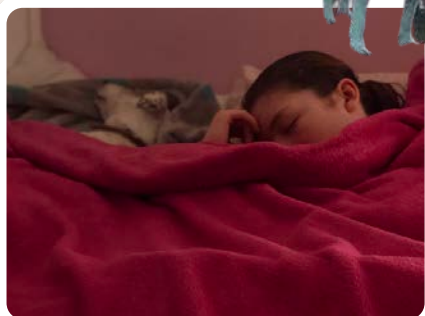
"I am 5 (soon) and my Nanny and Grandi wanted a new dog. Not just any dog, but one I could play with and love. So they got me Luna. I'm not always nice to her, but she protects me and makes me feel safe. I love giving her cuddles, and playing with her curly tail. I also like giving her my toast when Nanny isn't looking, and throwing balls with her. I love going out for walks with her, she is my best friend."

Noodle

Awesome

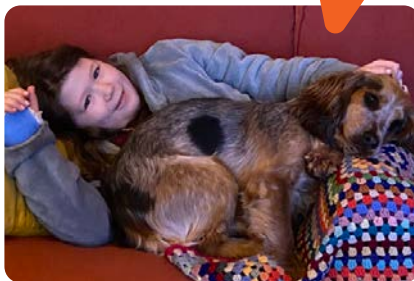


"My pets are my very best friends who are there with me. My rock, my world."



Layla

Awesome



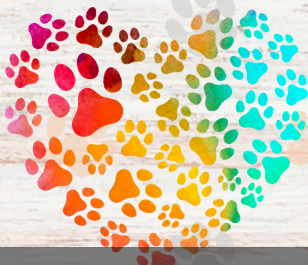
Layla says "I'm very kind and caring to animals. My dog Frieda helps me when I'm having anxiety or stress issues."

Ruby

Awesome



Ruby says, "I love my dogs - they make me feel happy. I am learning to walk Buddy (and pick up his poo) to help with my life skills and being responsible."



Guest author

Jody has a dog walking business!

This is my story about how I am following my dreams of working with pets.

I'm 24 now and I have known about FASD for a long time. But I have been able to use my strengths to work with animals most days. When I was at school, I found some things difficult. Then I went to college and things started to change. I studied two different courses – Stable Management (learning about horses) and Small Animal Care (learning about pets). Both courses were talking about things that I loved and understood, so I did well.

I have always liked animals. We have had a lot of pets at home, but probably have more now than we ever have. The house is a bit like a zoo, with 5 dogs, 3 guinea pigs, hens, ducks, fish, a tortoise, a gecko and a few other reptiles as well.

Jody

Awesome



I was working at the weekend at local stables that has been responsible for breeding some of the best dressage horses in the country. So, I was also learning about what it was like to work as well. Now I am my own boss as I am a dog walker and I look after people's homes and pets including horses when they go on holiday. I have also been featured in Dogs magazine and have won prizes at local dogs shows with my Pets.





My business is named after my dog Buddy. I rescued him when he was 2 weeks old when he wasn't growing in the kennels where I worked. He would fit in my hand when I brought him home and now look at him. He comes with me on almost every walk that I go on. He is not only my companion, but also my best friend. He makes me feel better about myself and allows me to try things that are outside my comfort zone.

I drive to the different owners' homes and collect their dogs then I head off to the local countryside with sometimes as many as 5 other dogs to walk for an hour work before taking them back to where they live.

One of our other dogs, Pippin is good at finding other dogs when they get loose and are lost, so I am often called out to do search and rescue in the local area.



In the past I have worked in kennels, one where I was filmed for the local BBC news talking about how FASD affects me, and I was also employed by another dog walker.

Ideally in the future I want to be a dog trainer and help other people to enjoy their pets.

But remember looking after pets isn't always easy and it can be expensive. I get most upset when one of the dogs becomes too old or ill to come out on walks and I really miss them when they pass. I haven't let FASD hold me back, because I am now doing something that I really enjoy and am good at.





Looking after a pet

Pets can be great fun and can be very special friends. They can comfort you and make you laugh. But looking after a pet can be a lot of work. Pets need food, some a lot more than others! They need somewhere to live, and need help keeping it clean. Some pets need to be taken for walks and they may need to go to the vets. There is a lot to think about, plan and organise when you have a pet.

Sometimes even if you have a pet it helps to think about how this affects you with your FASD. Talk with with your family.



Pets can help people with FASD by:

- Providing comfort and help with calming
- They are always there for you when you feel down
- Learning how to look after pets with support from your family helps you learn good habits
- Pets can provide sensory input that some people with FASD find really comforting

Can you think of other ways it's helpful to have a pet? Write it here...

Pets can be hard for people with FASD because:

- Pets need to be looked after every day
- They may want to play when you don't
- You might want to play but they don't
- They may be confused and need to be protected if you are dysregulated or have a meltdown
- Pets and pet food have smells that might be difficult for you

Can you think of other things that are difficult about pets? Write them here...



Scan the QR codes to download The Pet Pullout to help you think about the responsibilities of having your own pet.



Barley's story

Finding what's right for you and your family is important - sometimes it's not possible to have a pet



Rossi

Awesome



Tolka

Awesome



Rossi made the really difficult decision that having a puppy wasn't right for him. He said, "My time with Barley was wonderful and so informative for myself as a young adult. Having said this I did struggle with the responsibilities of looking after another living being."

"With my FASD I thought that having a dog would be beneficial for my mental health and help me become more responsible, however I really struggled with the responsibility."

"Also with the job that I want, makeup artistry, the times and schedules are never concrete. Always subject to change. To have a dog with a job like mine, isn't fair on either party. I wanted Barley to live a full and happy life and I don't think I could offer that 100%. Luckily I found a new wonderful forever home for her with Tolka and his family! She now can play with her new dog sister Joy and be surrounded by all the attention she deserves!"

Tolka and his family welcomed Barley into their home. Tolka's family do most of the work looking after Barley as it would be too much for him to do it all. When asked about life with new puppy Barley, Tolka said:

"I find it very helpful. It definitely cures my mental health. In case I'm bored, I can play with her. Her smiles always make me and the rest of the family smile. Sometimes I need a break from them, but I love my dogs."

Barley helped Tolka at a community event with the mayor where Tolka told people about FASD!

Regarding having Barley with him at the mayor's reception - "I found it very helpful because if Barley wasn't there I would have had to be fidgety. She helped when I was talking to people by looking at me. She's going to be a great partner of mine."



Kyle

Awesome

Sometimes having a pet can be sad too but we can find ways to cope

"My four-legged friend was Gem, and I was truly heartbroken when she died suddenly. We had grown up together and it was a huge loss to all family. Our new arrival is very bouncy, very fast but we are in love and a great team. My teacher helped me by baking a cake and I decorated it as our new arrival. We like outings together and running around the garden and cuddles."



Eduardo works with horses

My name is Eduardo. I have FASD. One of the ways I manage to live with FASD is through working with horses. I find working with horses helps me in so many ways. It helps me deal with mental health issues because taking care of horses takes a lot of work and is physically and mentally demanding.

When I feel low it helps take my mind off of what is bothering me and focus on something different.

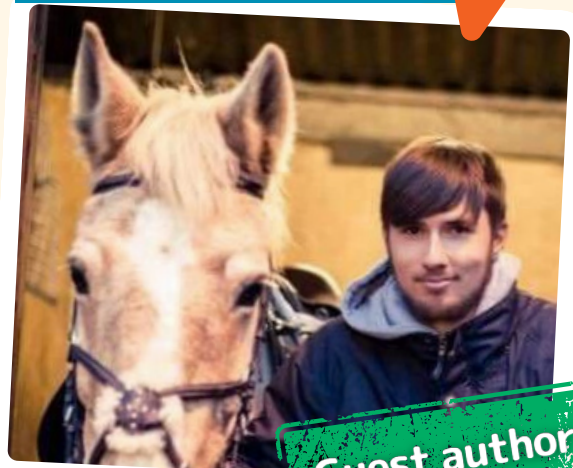
I find the connection with the horses is very important because they rely on me to make sure they are fed and on a clean bed. Horses like many people have been through different experiences, they behave differently to each other and react to things in a different way. Some horses are as docile as can be and some horses are as crazy and wild as if they have had loads of sugar.

It helps me with my FASD because I am always learning from them and I am always occupied as there is always something to do. When I am with the horses I feel as if everything that is worrying me in my personal life just disappears. The horse world is always full of possibilities. I also feel like I could tell them anything and what I say will stay with them and it's like it would be our little secret.

I have worked with horses for 18 years and ever since I started it has always been and always will be my safe space. To put it simply horses are just the most calming, understanding and forgiving animal you could ask for.

Eduardo

Awesome



Guest author

"When I am with the horses I feel as if everything that is worrying me in my personal life just disappears."



Some pets are working

Rachel

Awesome

Rachel has an assistance dog Sunny. Did you know when an assistance dog has their special coat on they are working and shouldn't be disturbed? When they don't have their coat on they aren't working and they are family pets.



Rachel and Sunny at an official event with 4 elected leaders from Hackney, Camden, Medway and East Herts. (One of them is Rachel's mum!)

Rachel and Sunny raising awareness at a Hidden Disabilities Sunflower event

Other AWESOMENESS!

Paige

Awesome

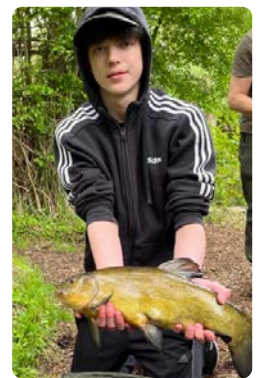


"I am good at drawing. I am a brilliant singer. My favourite lesson is English because I like poetry. I've got a part in my school performance. It's singing and I love to sing."



Peter

Awesome



Peter says, "I have learnt many self-regulation skills and one day would like to help others to learn them." He likes to be outside as he feels calmer. He enjoys fishing, football and being with friends. When he is dysregulated he doesn't mind being asked to go to his room as he often forgets that is a good regulation tool. He also enjoys freezing sweets or leaves in blocks of ice so he can smash them outside with a hammer if he has had a hard day at school.

Elliott

Awesome

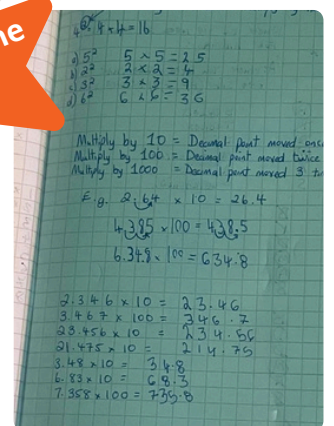
"During the summer I was awarded the Chief Scout Silver Award. I was awarded this at our summer camp. To get the award you have to have completed a number of other badges and do things during our group meetings. I'm really proud to now be a Scout."



Chloe

Awesome

"I've not only achieved a major milestone but have also embarked on a glorious journey of conquering maths. Who said being 21 is too late for learning? Keep those misconceptions at bay!"
#AgelessLearning



Michael

Awesome

"I enjoy drawing and have started to do Tshirt designs."



AWESOME!



Series 1

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And a special shout out to our advisors!



Georgia



Jacob



Bailie



Andy



Rossi



Lee



Dom



Claire



Nyrene



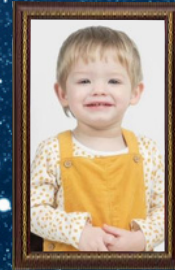
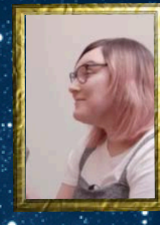
Rachel



Tolka



Chloe



Grace

Lilly

Asha

Rachel

Laura

Chris

E

Neilette

Lü

Noodle

Skye

Michael

Mia

Paula

Saffron

Tiggy

Angel

Jim

Layla

Chellie

Josh

Charlotte

Isaac

Mackenzie

Jody

Carol

Callum

Tyler

Samie

Kyle

P

Ruby has had an awesome few months winning many awards!



Ruby is 17 and is in her final year of High School. She takes part in a range of sports including swimming, athletic, archery, para football and cross country. She has represented her school and disability sport team, winning medals in each sport.

Ruby would like to encourage people of all abilities to follow their dreams.



Ruby's passion is volunteering. She volunteers 5 times per week and during the holidays helps out almost full time at sports/football camps. Ruby's commitment and enthusiasm for sport and volunteering has won her these magnificent awards. Ruby is very humble winning her awards but loved meeting all the stars of sport. She is very much looking forward to 2024 and the achievements it can bring.

Ruby says,
“ I hope to keep volunteering and doing sport when I leave school. ”

Ruby won...

- Young Person Award at the Fostering Excellence Awards in Birmingham in October
- Forth1 Local Hero Award in November (Forth1 is a radio station covering Edinburgh and central Scotland)
- Scottish Sports Awards where she was finalist in the top 3 in Scotland in the Community Hero category



and...

BBC Scotland's Unsung Hero Award 2023

Ruby's biggest achievement of the year was winning Scotland's Unsung Hero Award

As the winner, Ruby traveled to Manchester in December to attend the national final at the BBC Sports Personality of the Year Awards.

The awards were broadcast live on BBC1!

Ruby says, "I feel happy to be getting all these awards. I don't think I am doing anything special."



BBC
70TH SPORTS
PERSONALITY
OF THE YEAR 2023

Well
done,
Ruby!



Jordan

Awesome

Famous Liverpool

stars show a fan with
FASD that he will
never walk alone



Jordan has FASD and lives in Northern Ireland. He was lucky enough to be a special guest at Anfield - the home of Liverpool Football Club - to watch 'The Reds' beat Leicester 3:1.

Jordan says that seeing Liverpool win and singing "You'll Never Walk Alone" in the stadium were some of the best moments, but he also liked the food and meeting famous footballers.

It was a very tiring visit that could have been overloading, but all who went with Jordan were allowed to go in 2 hours early to get used to the atmosphere.



Jordan, his brother Reece and their family founded their local support group, which is being supported by the Jamie Carragher Foundation to help them raise awareness of FASD.

You can see Jamie Carragher and Didi Hamann wearing the t-shirts on the opposite page.

Jordan's mum is a Liverpool fan too and says that was a "dream come true".

Now Jordan asks his dad "who is sitting in our seats?" every time he sees Anfield on TV.



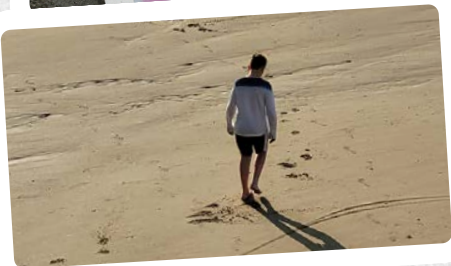
Way to go
Jordan &
Family!



Hello Spring!

The weather is getting warmer and brighter as Spring begins. For many of us, the Spring weather is the perfect time to be outside. Not too cold, not too hot. There's lots of fun things to do outdoors!

We love...



**Write down what you like
doing outdoors**



We love sensory activities! They can be great for people with FASD. We have lots of suggestions for sensory activities, and many of them can be even better when done outdoors!

Walk, run, jump, splash!
"It's better outside!"
says Super T!



**Try some of our
favourite Sensory
Activities!**

Engage and explore your senses!

Have you ever spent time exploring the different sights, sounds, smells and different textures that there are to explore outside? This can be a great way for people with FASD to self-regulate and calm. Give it a go!

We have shared our favourites for you to try.
How many can you tick off the lists?

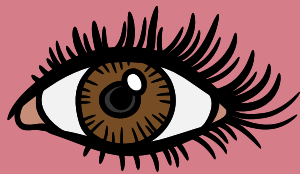


Share your photos with us via the portal!



Touch

- ☐ Grass between your toes
- ☐ Wind in your hair
- ☐ Different tree barks



Sight

- ☐ Orange/pink sky at sunrise or sunset
- ☐ Lambs in the fields
- ☐ Butterflies
- ☐ Flowers blooming



Sound

- ☐ Birds chirping
- ☐ A river or stream
- ☐ Insects buzzing



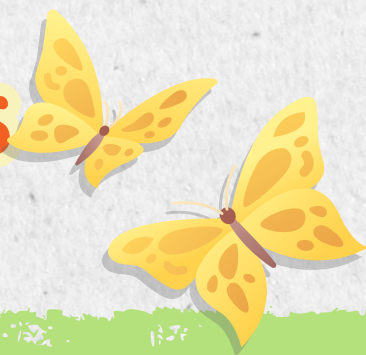
Smell

- ☐ Flowers
- ☐ Freshly cut grass

Try exploring your garden or another outdoor space to make your own sensory scent bags like Rachel and Andy!



Spring mindfulness activities



Flower breathing

Flower breathing is a great skill to learn to help you relax using your breath. Inhale as you draw a petal, exhale as you draw the next. Keep doing this until your flower is complete.

Try drawing an entire flower bed this way!

Rock painting

Rock painting is a fun way to be creative. Go exploring to find the best rocks to paint. You can paint fun patterns or make up different designs.

You could also hide your rocks the next time you are out exploring!



Top tip!

Find the smoothest rock you can, the smoother the rock, the easier it will be to paint!

Share your photos with us via the portal!



Fidget tools!

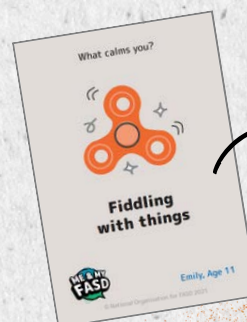
Using fidget tools can be a great strategy to help people with FASD be able to focus. Does using a fidget tool help you?



Scan to order a fidget spinner



Scan to order a stress ball



Scan to order Calming Cards



Where do sheep go on holiday?

Baa-hamas!



Mia

Awesome



Awesome

“ Mia says,
I am awesome at climbing and I am in the Academy at my climbing centre.
This means I am training for competitions. ”

Mia wrote this acrostic poem about living FASD!

Send us yours!

Fetal Alcohol Spectrum Disorder
Anyone can achieve anything
Sports are good to do
Disability does not stop you

F _____
A _____
S _____
D _____



Bella

Awesome

Bella rode her bike throughout the whole of January to raise money for The National Organisation for FASD.

Bella raised £325!

Great work, Bella. We really appreciate it! The money you raised helps us help others with FASD.



NATIONAL
ORGANISATION
FOR
FASD

Do you have any ideas of ways you could raise money for The National Organisation for FASD?

Email us at hello@fasd.me and maybe we can help!

Write your ideas here!



Raising money for The National Organisation for FASD helps us to keep doing all the things we do to support those living with FASD!



**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!



Listen to Claire and Paula talk about why it's important to learn about FASD.

More videos in this series are coming!

Sandy went to Parliament

MPs heard about FASD and now they want to hear from you!

National FASD Chief Executive Sandy spoke at a Health and Social Care Committee inquiry in Parliament where MPs discussed the prevention of harm from alcohol. There were a lot of people with power to change things in the room and Sandy made sure they all knew about FASD!

Chairperson Steve Brine, MP encouraged people with FASD and their families to contact the Committee. Ask your trusted adults to help you email them! Tell them about your life.



Watch the video on YouTube



What do YOU want MPs to know about living with FASD?

Email Mr Steve Brine, MP at hsccom@parliament.uk

What's next?

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



Living FASD

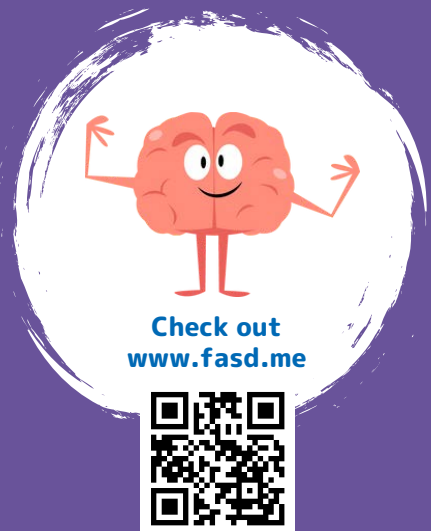
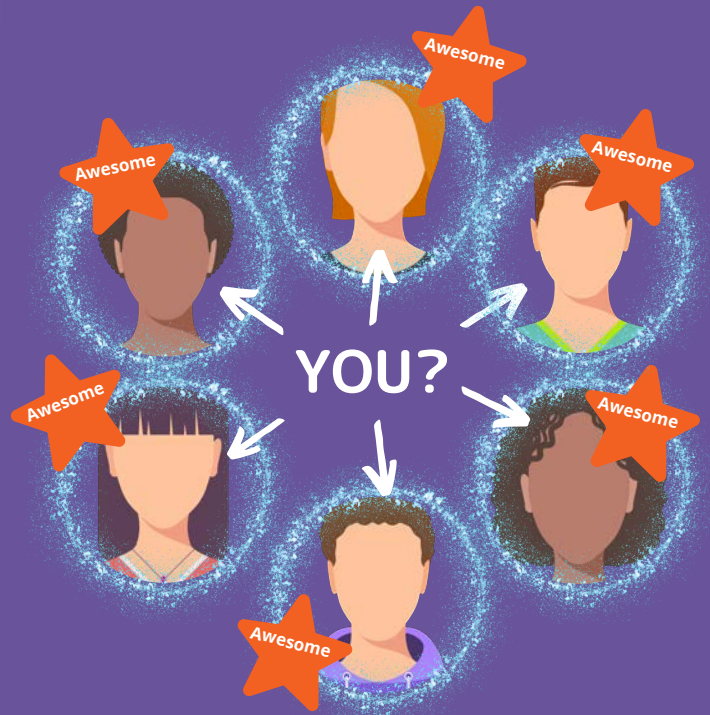
We need your help to make the next magazine brilliant.

Our next magazine will be sent out in Summer 2024.

It will focus on people with FASD who are awesome.

Please let us know what makes you awesome.

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.



Series Two coming soon!

Let us know - what would YOU like to see in your Living FASD magazine?

To subscribe to Living FASD

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



Use the portal!



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

Thank you!

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