

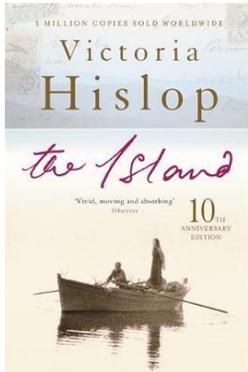
# I'M A PARENT, GET ME OUT OF HERE!

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR PARENTS/CARERS OF CHILDREN/YOUNG PEOPLE WITH AUTISM

## CORONA FREE ZONE

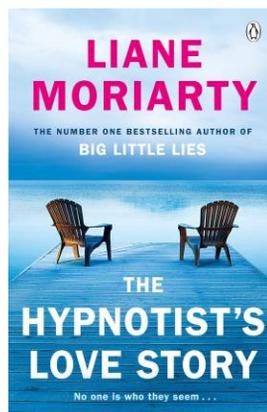
Taking a break and looking after your own wellbeing is vitally important. So back by popular demand is another 'Corona Free Issue' where we look at some of the things that the Autism Team have been doing during the lockdown period. So grab a cuppa, find a comfy spot and take a break from all things Corona with this week's issue.

### Claire's Favourite Books

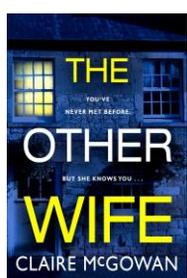


This is one of my favourite books it describes life on a leper colony on an island off the coast of Crete between the first and second world wars. Hislop is great at story writing and you can feel you are escaping and enjoying some sunshine and uplifted by how the leper colony improves the lives of the people on the island.

My second book recommendation is The Hypnotist's love story by Liane Moriarty. I'm currently enjoying it and wondering what will happen next it's a great page turner! Ellen has a new boyfriend, he reveals has a stalker, his ex-girlfriend. Ellen is curious about who she is.....I can say no more apart from read it!



### Clare's Book



When Joe O'Loughlin gets a call telling him that his father is unconscious in hospital, he rushes straight to the hospital. There he finds, sitting at his father's bedside, not his mother but a woman he has never seen before, claiming to be his wife. From this point on, everything that Joe believed to be true is turned upside down and he discovers hidden family secrets he couldn't have imagined.

I thoroughly enjoyed this book, finding it a real page turner and almost impossible to put down to do anything else! I liked the way it combined the 'who done it', with the interactions between the characters and their family secrets. If you enjoy a gritty, psychological thriller, I'd recommend you put 'The Other Wife' on your reading list!

### Clare's Cooking

The [OnePotChefShow](#) on YouTube has some super simple recipes to try. Lots of recipes claim to be 'simple' but these really are. They even have a chocolate cake that needs just 2 ingredients!



The three-ingredient banana bread recipe was very easy and was absolutely delicious. If you need your recipes to be simple, straightforward and produce good results then give the channel a try. The recipes are ideal for cooking with kids too.



### Spectrum Live – Father's Day Special

To celebrate fathers everywhere the National Autistic Society is holding a Father's Day Special of Spectrum Live on Friday 19th June at 10am. You can join them on their facebook page for the live show. More details available [here](#).



# Rob's Running

I have always been fairly active but 4 weeks into lockdown, my weekly 7-a-side football was cancelled, and the cricket season was on hold. The YouTube personal training video work outs were more 'mildly-annoying' than 'motivational' and the only thing lower than my mood was my step count! I realised that playing team sports is what had motivated me to be active and that I've always struggled to motivate myself to exercise. I mean, my favourite machine at the gym has always been the vending machine! I needed something to get me up and get me out there, an external motivator, and that's when I came across '[Race At Your Pace](#)'.



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So against my better judgement, I signed up for 50 miles in June. Well, I couldn't sign up for less than my sister, my brother would never let me live it down!

We are half-way through the challenge, and I have to say, I am feeling much better. Don't get me wrong, I'd still rather be 'on the wing' with a ball at my feet or 'out in the middle' with a cricket bat. But the challenge is motivating me to run. Some days, working from home means that the only reason that I leave the house is to run. I've stopped putting on weight and I feel brighter, more alert and well...happier. If like me, you need motivation to move then check out the challenges on 'Race at your Pace'. It was the motivation that I needed. Well, that and a good dose of sibling rivalry!

I was told about this by my sister who regularly signs up for challenges. There are challenges to suit everyone; runners, cyclists, swimmers, walkers or children. There is something to suit every level of activity. You then choose the distance that you want to cover in the month. You pay your money for the challenge up front and this pays for your medal when you (hopefully) achieve your goal.



## Parent Top Tips

In this section we want to share your tips and advice. Have you got a great activity? Found a brilliant resource? We'd like to hear about it! Please share your top tips at:

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

## Is your child starting school in September or going to secondary school or college?

The Autism Team are working to support these transitions. If you would like us to support your child we require email permission from parents to your child's current setting.

**Check out our other weekly newsletters:**

**Cosy Crew** – A newsletter for Primary Aged Children with Autism.

**Lockdown Lift Up** – A newsletter for teenagers and young people with Autism.

Available from our [Local Offer Page](#) each week.

## Boredom Bashers

### Resource:

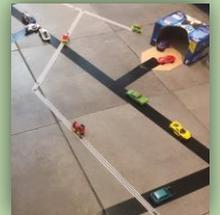
Radio 2's 500-word stories competition has just finished and the celebrities read the winning stories.

[www.bbc.co.uk/programmes](http://www.bbc.co.uk/programmes)



### Activity:

Using different colour tapes to make roads and train tracks kept him occupied for ages. He added boxes for buildings too.



### Something for me:

Snowpiercer is a Netflix drama set in a post apocalyptic world. The only survivors in a frozen world are those who inhabit a perpetually moving train. Now a murder threatens the balance of power.

