

ASD & ME

express yourself

free

fun

stay calm and in control

awareness is the 

your go to guide

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ANDROID APP ON  Google play

Becoming a Group

Before this group we didn't know each other and found out about this group from different places. Some of us went to Millgreen Youth Club in Newtownabbey and found out about this group through our youth worker, Anne Cravan. A few of us are pupils of Carrickfergus College and found out about it through Mrs. Irvine. We were called to the office individually and thought we were in trouble (again) but we weren't and this is when we met Conor. He told us what the group was about and let us decide if we wanted to be part of it. Another 2 of us were involved in an Inclusion drama project in Whitehead where our parents met Fiona. When our mums found out about the group we were encouraged to join, they aren't always right but we'll give them this one. Some others chose not to give up their first week of summer 2014 but we are glad we did and we've been part of the project since then.

Building Relationships

When we first met each other we played loads of icebreakers. We all played an icebreaker about us going to a jungle for the weekend. We had one roll of toilet paper between us and we had to take as many squares of toilet roll we thought we'd need. Karl picked 13, Nathan picked 6, Ethan picked 4, James picked 2, Declan picked 7, Niall picked 22 but we didn't know we would have to say one thing about us for every square of toilet roll we picked. Adam picked 64 pieces of toilet roll and we all found out what he had for breakfast, his favourite food and what shampoo he uses....

Our Idea

When Adam finally run out of things to say about himself, or should I say when we got bored listening to him, we really got to know each other and it wasn't too long before we were talking about how ASD effects each of us very differently. We realised that many of us struggle with the same things but we all deal with them in different ways. We thought a mobile phone app would allow everybody with ASD to share coping strategies and write their own unique way of dealing with things so it will be our go-to guide when we are in a difficult position.

It's Purpose

One of our main problems was telling people how we felt at certain times and it would often get us in trouble. So we thought of this way of communicating how we feel so that teachers, parents and youth workers understand how we feel and can talk to us or give us space if we need it.

Making It

Everybody thought this was a good idea and it would help a lot people (young and old) so we put some more thought into it. The staff went away and sorted out the money, because we weren't paying for it. It wasn't too long before Mark, Gordee and Joe from Digital Media Choices were meeting with us to develop our idea. They met us weekly for about 10 weeks and we planned every page of the app... how it would look, what colours we would use, and how it would function. We got to know how apps are built and we also learnt how to make a game from scratch. You can find the game we built in the app if you click on the cat and mouse.



GO DOWNLOAD IT!



This has been a 2 year Education Authority Youth Service Inclusion project working alongside with the steering group of young people and Digital Media Choices with the support and guidance from our partners in the Northern Health and Social Care Trust and the Children and Young People's Strategic Partnership.

