

SATURDAY 9TH DECEMBER 2023

With Lavinia Rowling

Change is not always received well in the Autistic community as it involves transitioning for many individuals which can be time consuming, anxiety provoking, and exhausting. We have felt it ourselves as an Autistic family, which has been hard going for the last three months surrounding the move from the Isle of Anglesey to Leicestershire. Yasmin and I had the opportunity to revisit north Wales where we had to stay overnight in accommodation. We felt it would be better to go up the night before, so we had a chance to transition back into an area we know well. But what we found was very interesting and uncomfortable at times. The first thing was that the accommodation was noticeably colder, with nothing familiar in a way we are both used to. But the 2nd thing was much harder to cope with - the wind. Yet, our accommodation was well protected in a little copse, compared to being very exposed on a hill on the coastline (Anglesey)

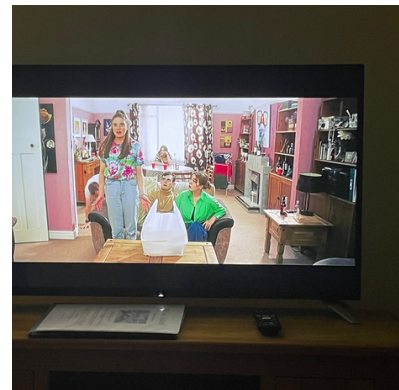
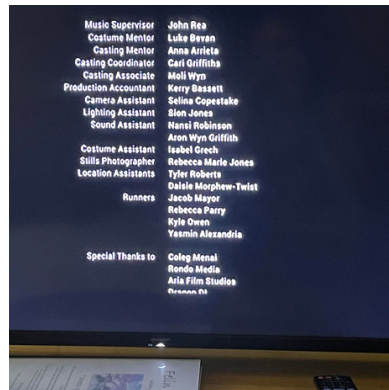
IS CHANGE GOOD?

- or now within a village surrounded by trees and hedges (Leicestershire). The wind howled, rattled the door and windows, and was so noisy, it kept us awake for hours. The following day was cold but attempting to snow and ending up being drizzling rain, something we have been very used to on Anglesey. Yasmin summed it up - when she first moved to Leicestershire, she was homesick for Anglesey, but, and this is of note, three months later she is now homesick for Leicestershire. I could only agree, and I remembered the transitioning to Anglesey being hard with few trees, few hedges, being very exposed to the elements, and it being very cold a lot of the year that our heating was on for at least six months of the year. More often it was warmer outside because it took months for the thick stone walls to stay warm (although great if it was too hot outside).



What is interesting is that change, even if not wanted, can slowly be adapted to, and for me, I found the move to Leicestershire easier in that I kept returning to Anglesey to load up another lorry, unlike Yasmin who made the move with all the pets and had to adapt pretty quickly. Towards the end of our departure of our moves, Yasmin did return to have closure, but by then she was better adapted than myself. Change though can need a pause, and I witnessed this with both John and Yasmin in that they stopped opening boxes, and this caused merry havoc with my brain. I did not want to see boxes for weeks at the beginning of our move or the end of our move in the new house.

Returning with Yasmin three months after though was interesting in that we knew the area and the people, but we had left and were returning as visitors. Yasmin attended a posh evening at Bangor University to meet with her peers where all the films they had made were shown. In the six months since she had last seen them, she felt they had grown up, matured, and needed the gossip to catch up. Some friendships had been lost with her no longer being there, some things had changed for others that were life impacting, and for others remaining on their life path were preparing for change. Yasmin could see, hear and feel differences and this was comfortable as well as uncomfortable, something I could resonate with. We each are evolving and moving on with our lives, gaining further strands and weaving them into our tapestry of life.



Sometimes, things do not make sense at the time they happen, or things do not go the way we expect or wish which can be incredibly tough to expect, especially for those with Pathological Demand Avoidance (PDA). We need to be mindful that communication is needed to help with the transition - whether it is good, bad, or indifferent - and that what we expect or wish for might come later better than ever. I was reminded of this on Friday with my visit to Bangor University in discussing how to raise the profile of TMW and EPS.

UNIVERSITY EXCITEMENT

In 2008 I went to speak with a lecturer at Southampton University who I had met with years before. I wanted to proceed to do a Masters to showcase my work with Emotional Problem Solving. I was laughed at and told that there was no place for unique research. In 2010, I was studying my Masters at Surrey University and was invited for interview with a prospective lecturer who stated I was there to add a "tiny" amount of research to the volume of research out there, and subsequently refused to work with me on my request for original research. However, Bangor University are very excited about how this could be done and so I am now working

So, have a good week, everyone!

A handwritten signature in black ink that reads "Lavinia". The signature is written in a cursive, flowing style with a large, sweeping initial 'L'.