

Alex and Rosie's Adventures in East Sussex

Stories for children with autism
David Blakesley and Tharada Blakesley

Alex and Rosie's Adventures in East Sussex

Stories by David Blakesley

Illustrations by Tharada Blakesley



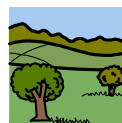
Introduction

Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and nature. 'Alex and Rosie's Adventures in East Sussex' has been written to complement our guide 'Visiting the East Sussex countryside: a guide for families, children and young people with autism'. The book tells the story of two children, Alex and Rosie, who visit all the places described in the guide. We hope that it will appeal to younger children with autism and children with speech and language difficulties, and encourage their interest in the countryside and nature.

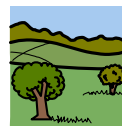
In publishing this book, we would like to acknowledge Bernadette Dawes and East Sussex County Council's Children's Disability Services, who generously sponsored our guide to natural places to visit in East Sussex, and co-sponsored this book. We would also like to thank Pi Design Co., Ltd. who co-sponsored this book as part of Autism and Nature's programme to produce stories for children with autism in Britain and Thailand. We would also like to thank Cate Rae (Widgit Software) for her valuable help with symbolising the text, and Mary Draffin and her colleagues at the National Autistic Society for their advice on the use of symbols and language. Finally, we would like to thank Barbara Creed for the layout of the book.



Hello...
My name is Alex



Alex and Rosie enjoy visiting the countryside.



This is a story about their favourite places.

Hello...
My name is Rosie



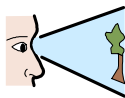
Ditchling Beacon



Alex



and Rosie



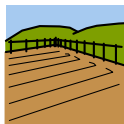
could see a long way



from Ditchling Beacon.



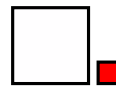
The trees,



fields



and houses



looked very small.



Alex



was happy



to feel



the wind



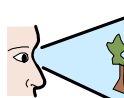
on his face.



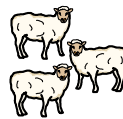
Rosie



was happy



to see



sheep

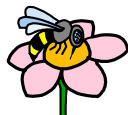


eating the grass.

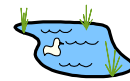
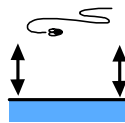
Lewes Railway Land



Alex and Rosie walked through the reeds on a special path.



Bees were busy collecting pollen from the flowers.



Dragonflies were flying over the pond.

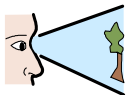


Frogs were hiding in the reeds.

Lewes Downs



Alex and Rosie walked up the hill.



On the way, they saw a lot of flowers and butterflies.



When it was time to go, Alex and Rosie ran down the hill.

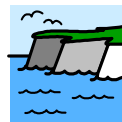
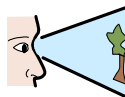


They enjoyed playing in the playground.

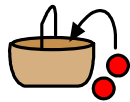
Seven Sisters



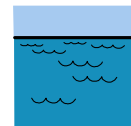
Alex and Rosie walked along the river to the beach.



At the beach they saw tall white cliffs made of chalk.

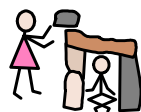


Rosie collected some nice pebbles to take home.

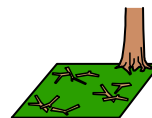


Alex threw his pebbles into the sea.

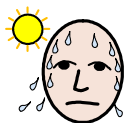
Friston Forest



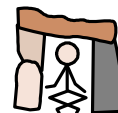
Alex and Rosie wanted to build a den in the wood.



There were lots of branches and sticks on the ground.



They worked very hard and collected a lot of branches.



Alex and Rosie were very proud of their den.

Abbots Wood



Alex and Rosie went for a walk in the wood.



They were very happy to hear nightingales singing.

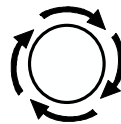
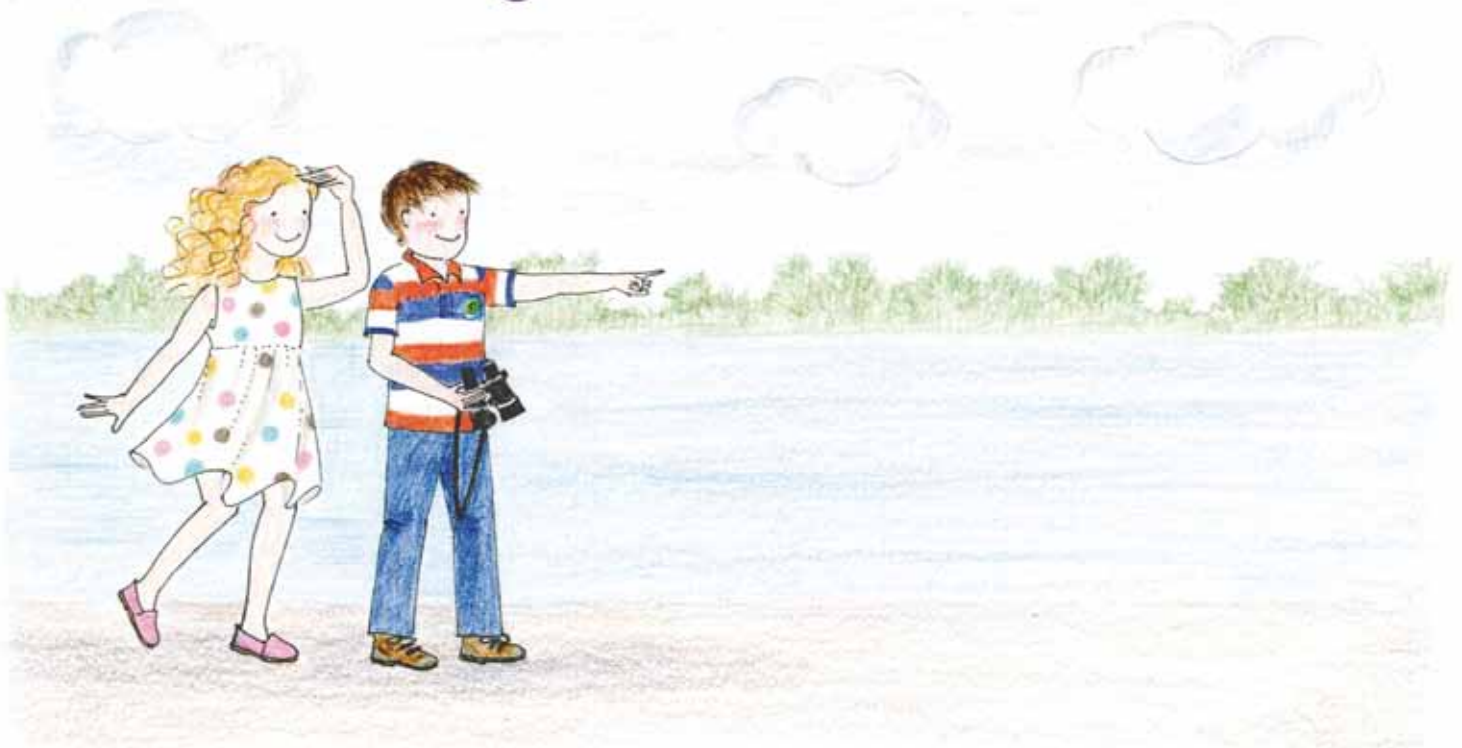


They walked past a lake in the wood.

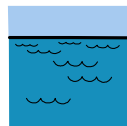
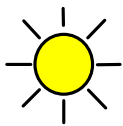


Some people were taking their dog for a walk.

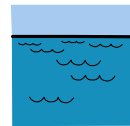
Arlington Reservoir



Alex and Rosie walked all the way round the reservoir.



The sun was shining and the water was sparkling.

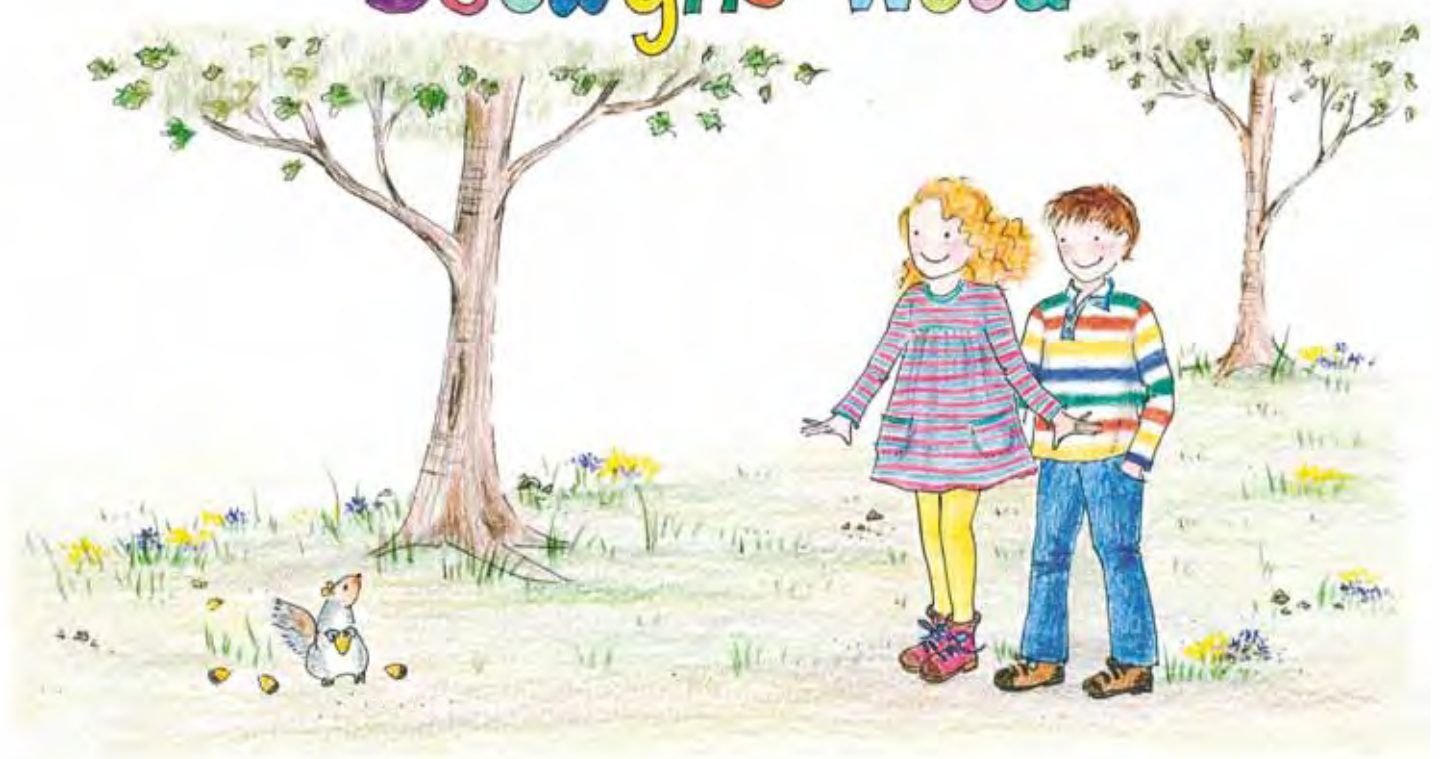


They saw ducks and geese on the water.



Alex liked the tufted ducks.

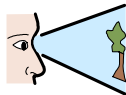
Selwyns Wood



Alex and Rosie were happy to see a squirrel in the wood.



The squirrel was collecting acorns and nuts for the winter.



When the squirrel saw Alex and Rosie it climbed a tree.

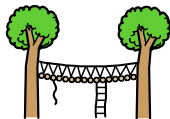


The squirrel sat in the tree eating an acorn.

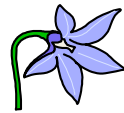
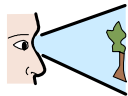
Wilderness Wood



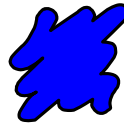
Alex and Rosie were excited to find an adventure playground.



The playground was in the wood.



In the spring, you can see bluebells in Wilderness Wood.

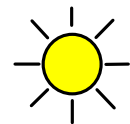


Alex was very happy because blue is his favourite colour.

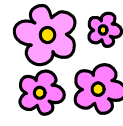
Chailey Common



Alex and Rosie visited Chailey Common in the autumn.



Alex found a lizard sitting on a rock in the sunshine.



There was a lot of heather, with pink flowers.



Rosie was happy because pink is her favourite colour.

Lake Wood



Alex



and Rosie



were happy



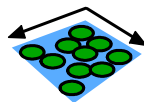
to explore



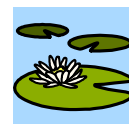
Lake Wood.



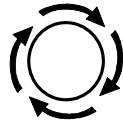
The lake



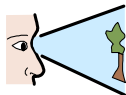
was covered



with water lilies.

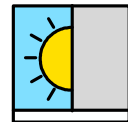


The path went all the way round the lake.

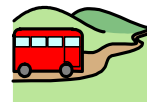


They found some large rocks and a small cave.

Sheffield Forest



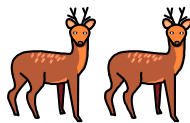
Alex and Rosie woke up very early one morning.



They ate breakfast, then they went to Sheffield Forest.

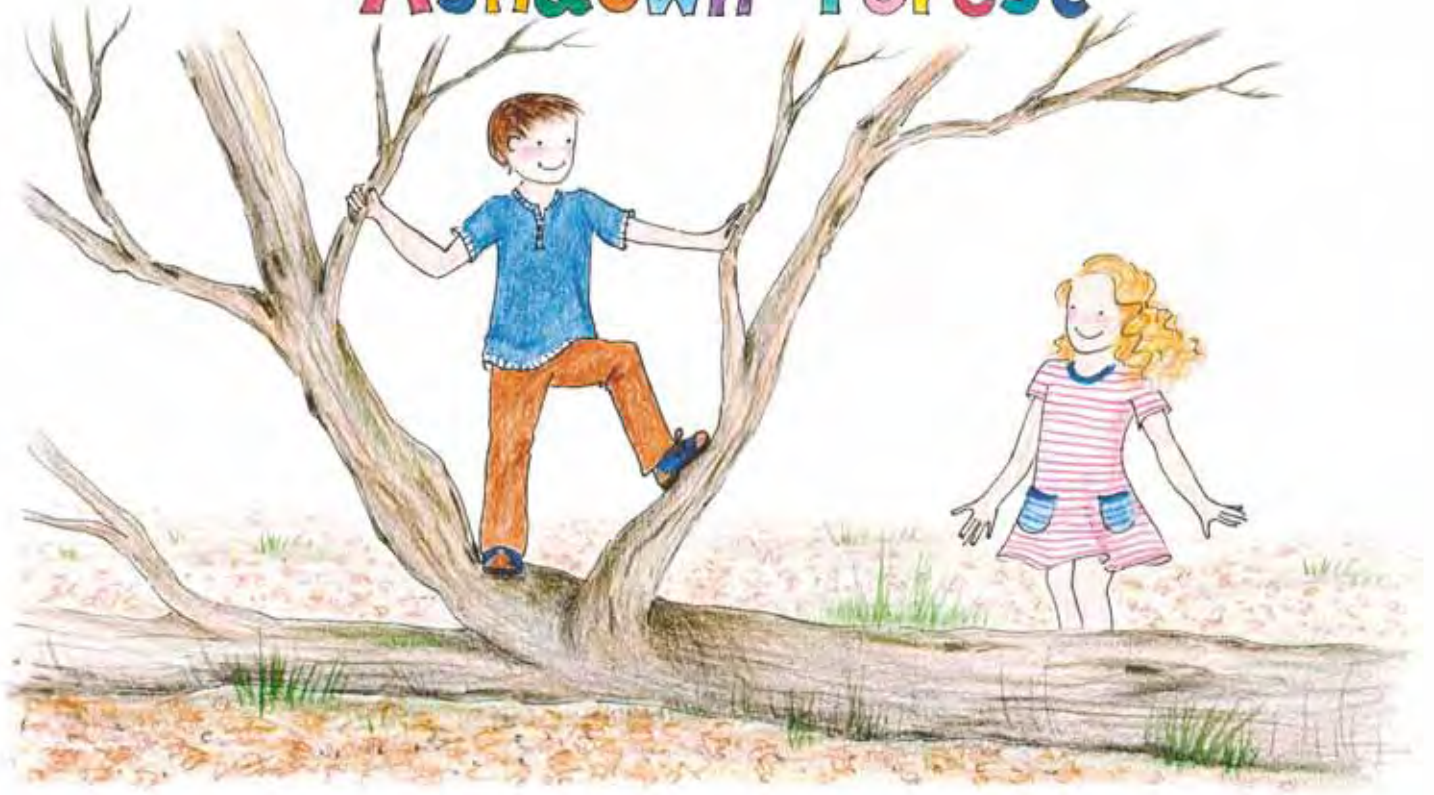


Alex and Rosie walked very quietly through the trees.



They saw two deer eating grass.

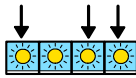
Ashdown Forest



Alex



and Rosie



often



go to



Ashdown Forest.



Alex



likes



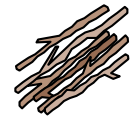
to climb



on the fallen trees.

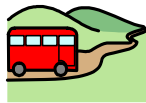


They like to walk to a bridge over a stream.

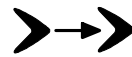
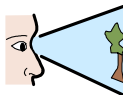


At the bridge, Alex and Rosie play Pooh sticks.

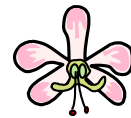
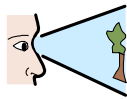
Old Lodge



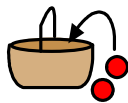
Alex and Rosie went to Old Lodge on a summers day.



By a stream, they saw dragonflies chasing each other.



Later, they found beautiful flowers called orchids.

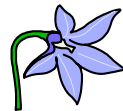


Then they collected pine cones to take home.

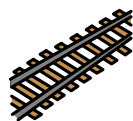
Birchden Wood



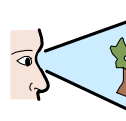
In spring there are a lot of flowers in Birchden Wood.



Alex and Rosie saw bluebells, violets and primroses.

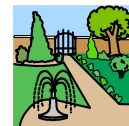


There is a special railway next to the wood.

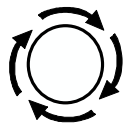


Alex and Rosie were very happy to see a steam train.

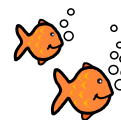
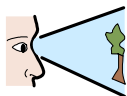
Bateman's



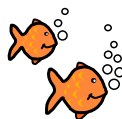
Alex and Rosie were happy in the garden at Bateman's.



They could run around, and the flowers were very colourful.

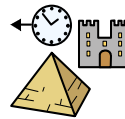
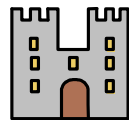


Later, they found a pond with goldfish.

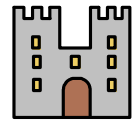


The goldfish looked like carrots!

Bodiam Castle



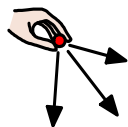
Bodiam Castle is very old.



Alex and Rosie were happy to explore the castle.



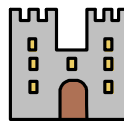
Alex



fed



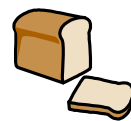
the ducks



in the castle



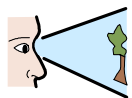
moat



with bread.



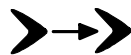
Rosie



watched



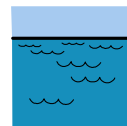
swallows



catching

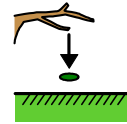


insects

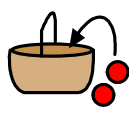


over the water.

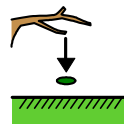
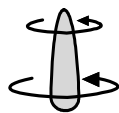
Brede High Woods



It was autumn, and leaves were falling from the trees.



Alex and Rosie collected acorns and chestnuts.

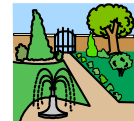
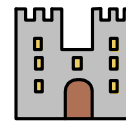
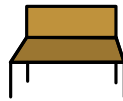


Some seeds spin as they fall from the trees.

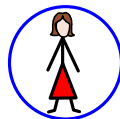
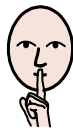


Alex and Rosie had fun trying to catch the seeds.

Herstmonceux Castle



Alex and Rosie sat on a seat in the castle garden.



It was quiet, and their mother read a story to them.

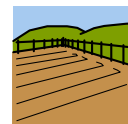
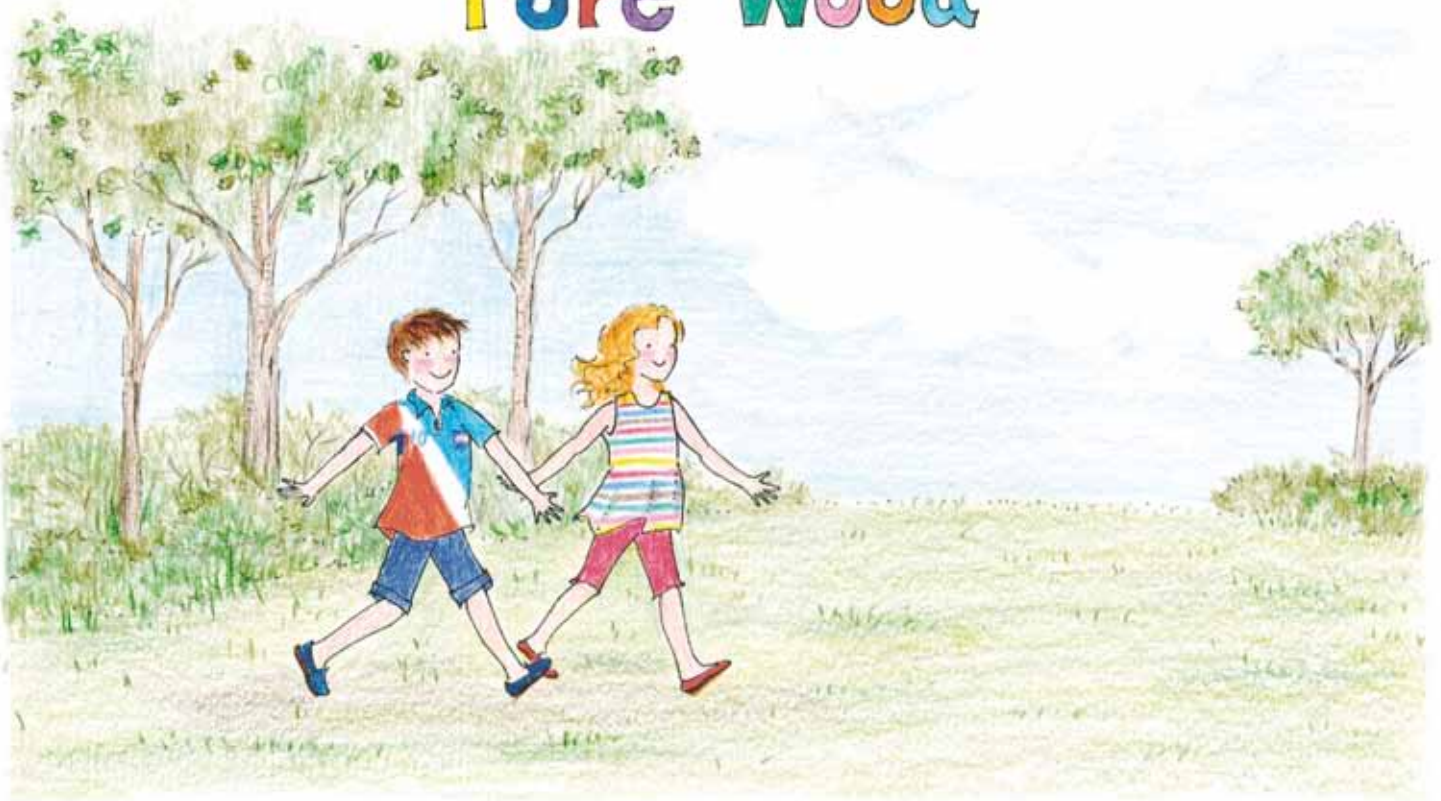


Later, they went for a walk in the wood.

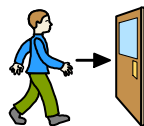


Before going home, Alex and Rosie ate an ice-cream.

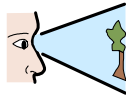
Fore Wood



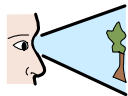
Alex and Rosie walked across the fields.



When they arrived at the wood, they had a rest.

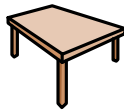


In the wood, Alex saw a magpie and a robin.



Rosie saw many colourful butterflies.

Hastings Country Park



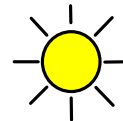
There is a touch table in the Visitor Centre.



Alex and Rosie were happy to touch the shells and feathers.



Later, Alex and Rosie went for a walk in the park.

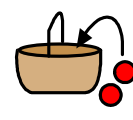


They had a lovely picnic in the sunshine.

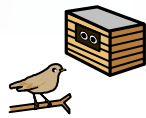
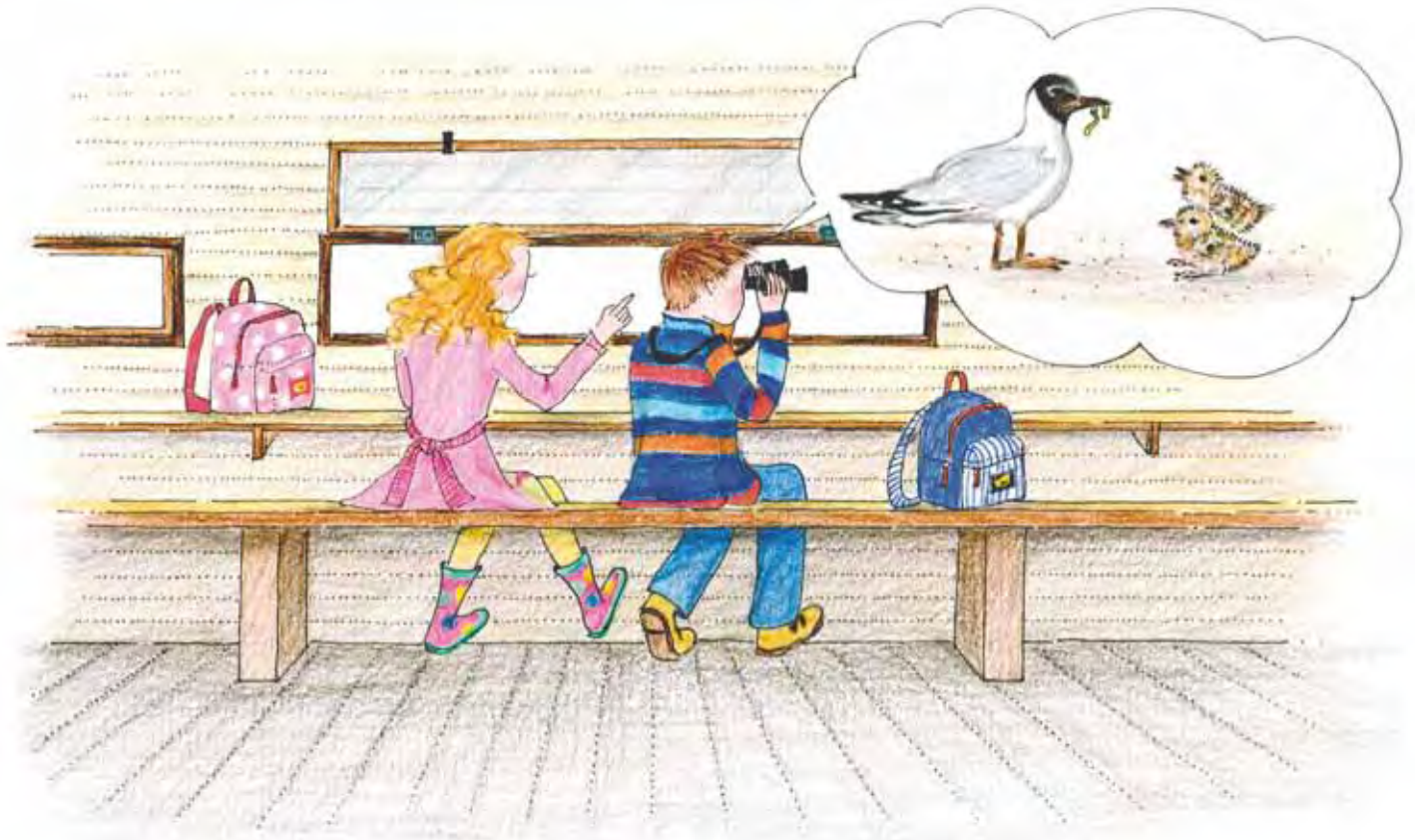
Rye Harbour



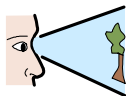
Rye Harbour nature reserve is at the seaside.



Alex and Rosie walked to the beach to collect shells.



Then they went to a hide where you can watch birds.



They saw a lot of seagulls feeding their chicks.

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Join Alex and Rosie as they visit their favourite places in the East Sussex countryside. Find out where they went, what they saw, and how much fun they had.

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