

Alex and Rosie's Adventures in Essex



Stories for children with autism
David Blakesley and Tharada Blakesley

Alex and Rosie's Adventures in Essex

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 Essex'* has been written to complement our guide *'Visiting the Essex countryside: a guide for parents, carers and teachers of children with autism'*. The book tells the story of two children, Alex and Rosie, who visit natural places described in our 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 Essex countryside and the natural world. For more information visit the Autism and Nature website (www.autismandnature.org.uk).

This book has been generously funded by Essex County Council Short Breaks for Disabled Children and Young People; Eastern Counties Educational Trust Limited; Nineveh Charitable Trust; Fowler Smith & Jones Trust; and Woodlands.co.uk.

We would especially like to thank Jo Mason and Essex County Council Short Breaks for Disabled Children and Young People for their help in distributing this book. We would also like to thank Cate Rae and Guillaume Duclaud-Williams (Widgit Software) for their valuable advice and help with symbolising the text. Finally, we would like to thank Barbara Creed for the layout of the book.





Alex



and

Rosie

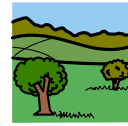


enjoy



visiting

the



countryside.



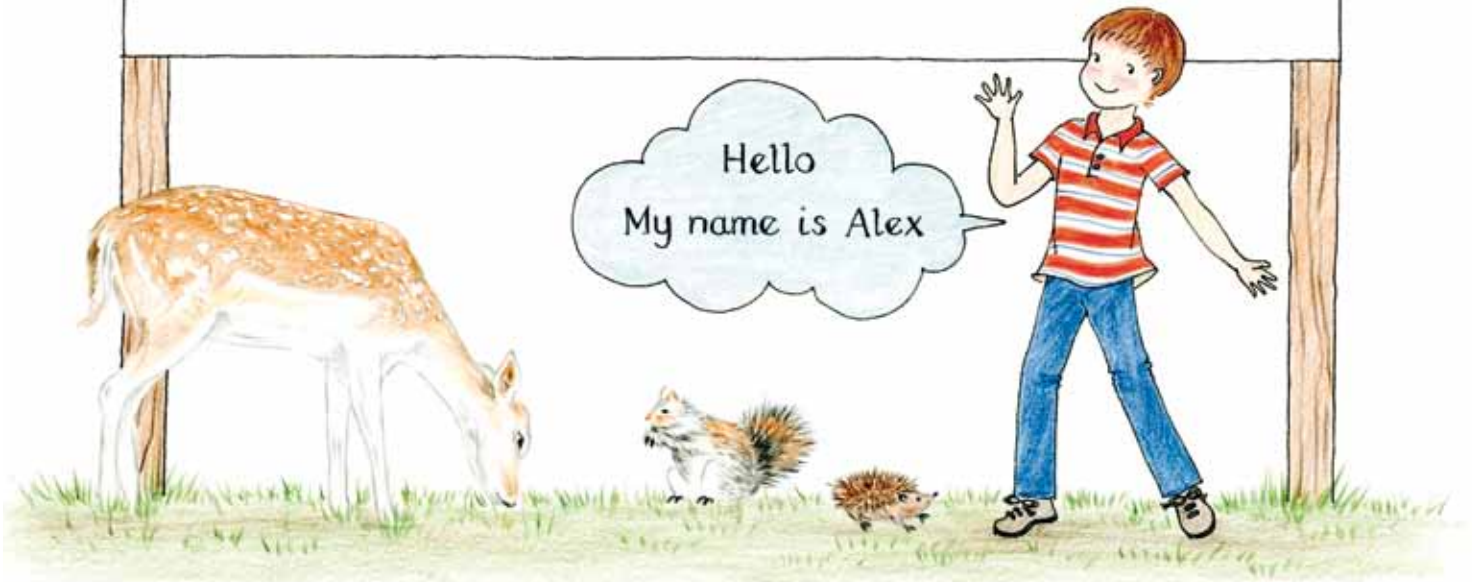
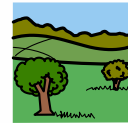
This is a

story

about their

favourite

places.



Bridge End Garden



Alex



Rosie



like

to



visit



Bridge End Garden.



Rosie



loves

the



smell

of



roses

in the



summer.

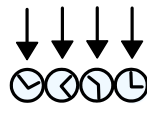


Alex

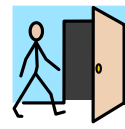
and



Rosie

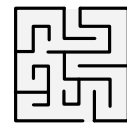


always



go into

the



maze.

But who will

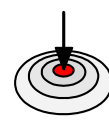


find

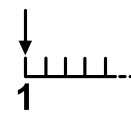


the

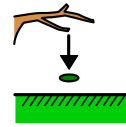
centre



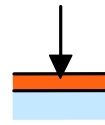
first?



Hatfield Forest



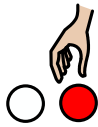
It was autumn and leaves were falling from the trees.



Alex and Rosie shuffled through a carpet of orange leaves.



Rosie



decided



to make



a

leaf



crown.



Alex



helped



Rosie

to



collect



different coloured leaves.

Marks Hall



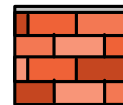
Alex



Rosie



like



the walled



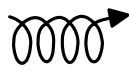
garden.



Alex



enjoys



rolling



down



the grassy bank.



Rosie



likes

to



run

along the



'up and down'

wall.

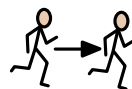


Alex



likes

to

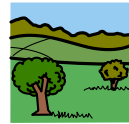
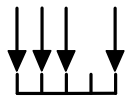


chase

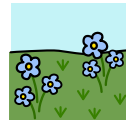
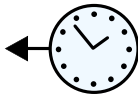


Rosie!

Cudmore Grove Country Park



There were a lot of butterflies in the meadow.



The butterflies were feeding on wild flowers.



Later,



Alex

and



Rosie



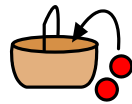
walked along



the beach.



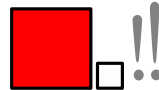
Rosie



collected



several



enormous



oyster shells.

Phyllis Currie Nature Reserve

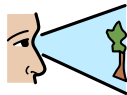


Alex



and

Rosie



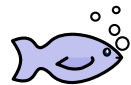
saw



a kingfisher



catch



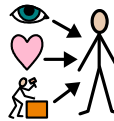
a

fish.

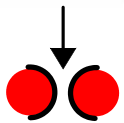


It was an

amazing



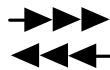
experience!



Nearby,

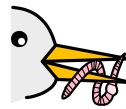


coots

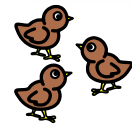


were

busy



feeding

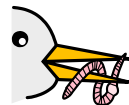


their

young.

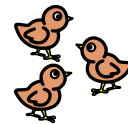


Little grebes



were also

feeding



their

young.

Abbotts Hall Farm



Alex

and

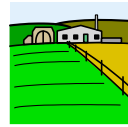


Rosie



visited

the

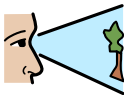


farm

in

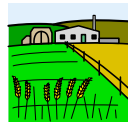


August.



They

saw



fields

of



wheat

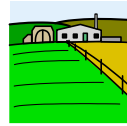
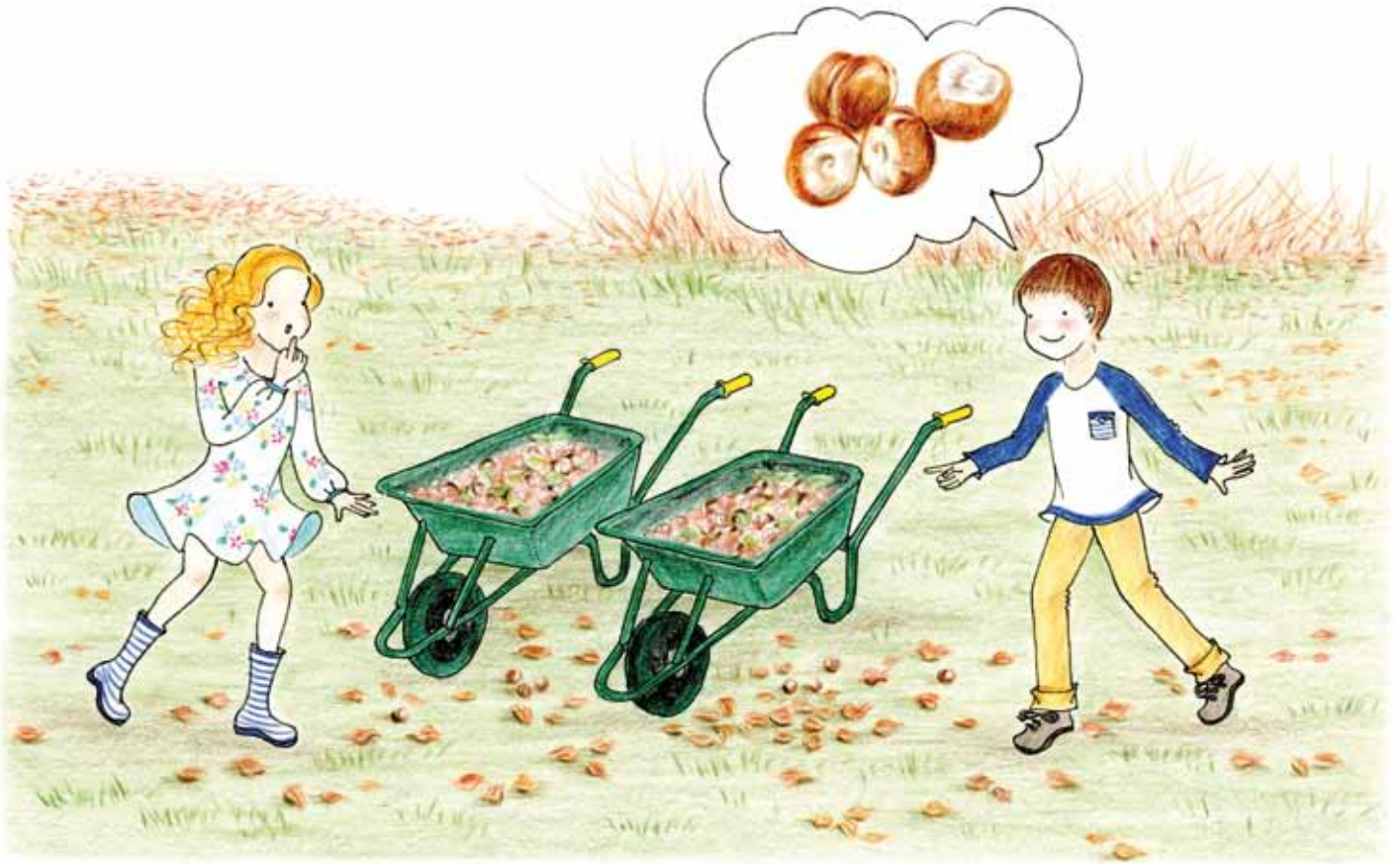


ready

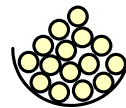
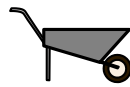
for



harvest.



Alex and Rosie returned to the farm in September.



They found two wheelbarrows full of conkers.

Fingringhoe Wick



Alex

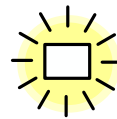


Rosie

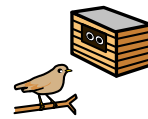


visited

the



new



hide.



At

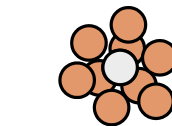
low tide

the



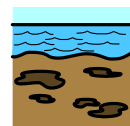
hide

was

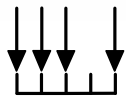
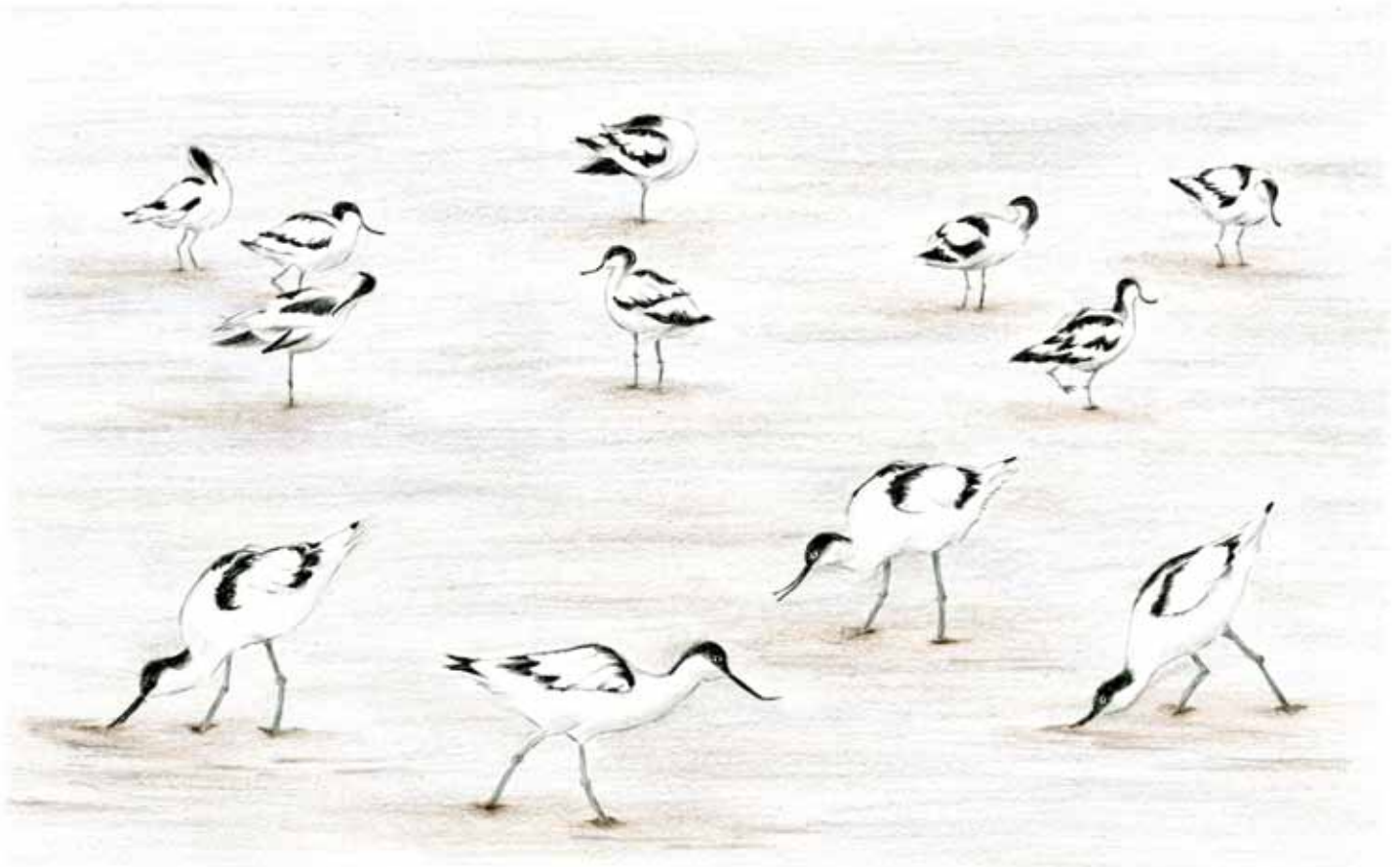


surrounded

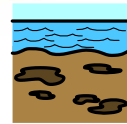
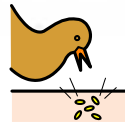
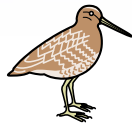
by



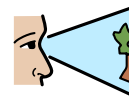
mud.



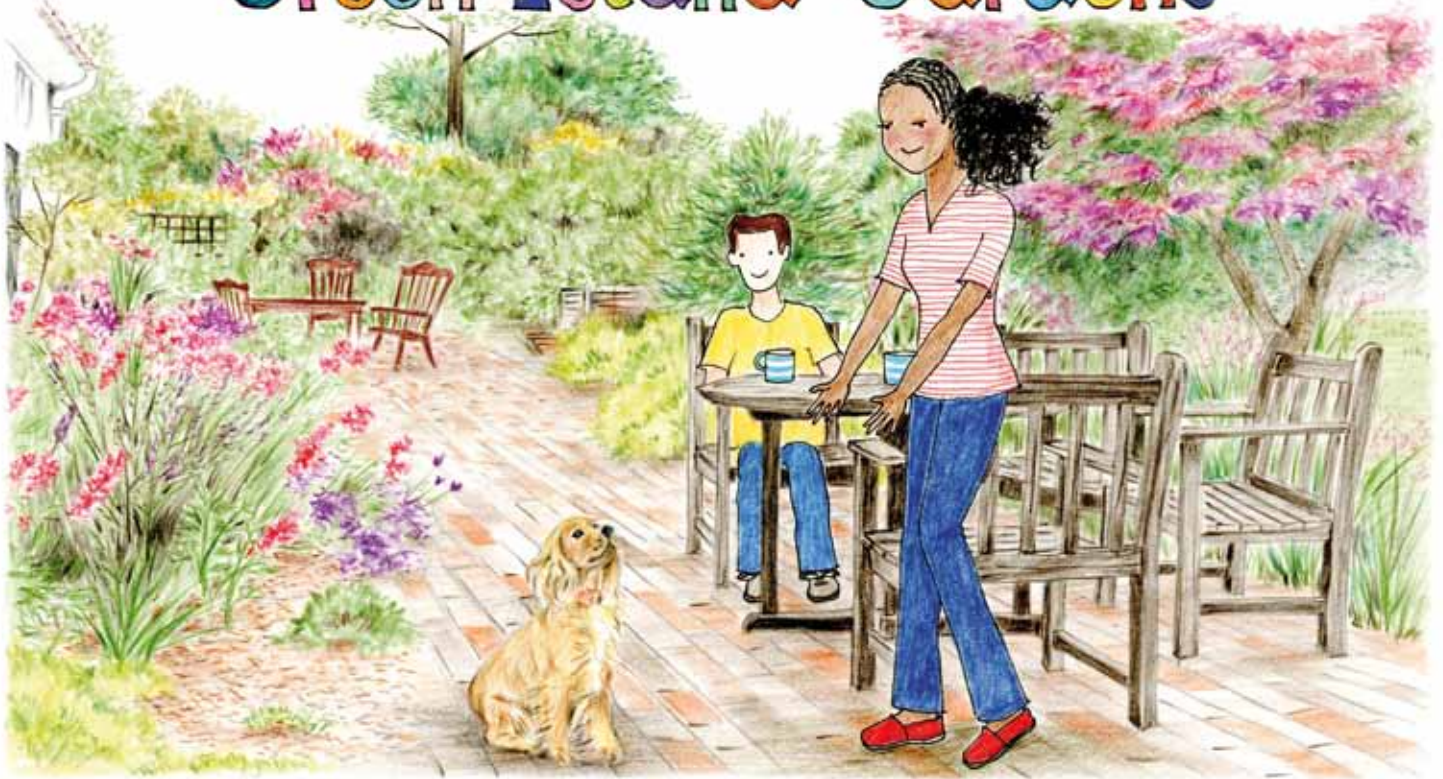
A lot of wading birds feed on the mud.



Alex and Rosie were very happy to see avocets.



Green Island Gardens



Lola



lives

at



Green Island Gardens.

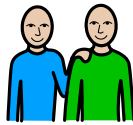


Lola



is

very



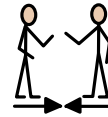
friendly

and



likes

to



meet



visitors.

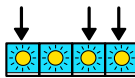


Alex

and



Rosie



often

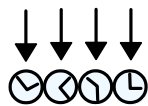


visit

the



gardens.



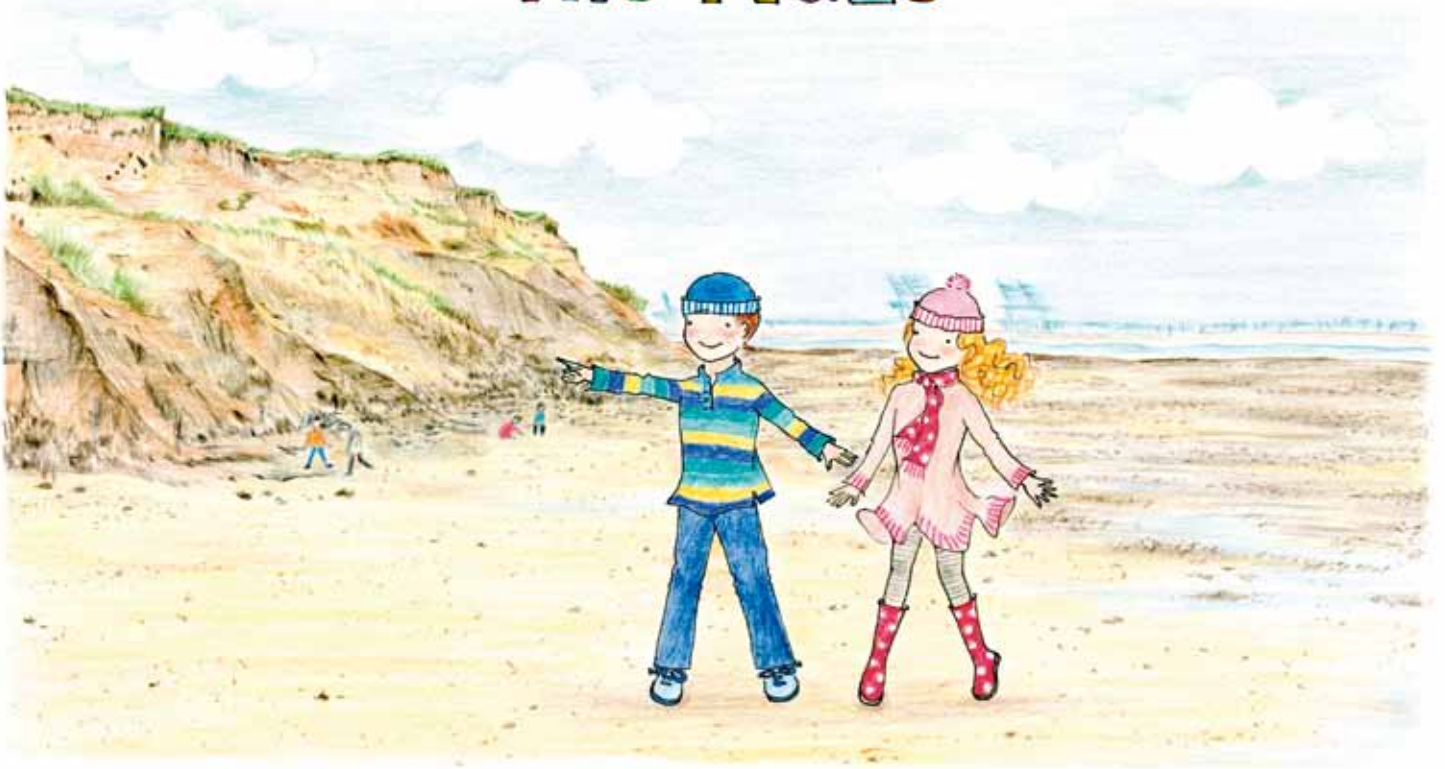
They

always

take Lola for a walk.



The Naze



Alex



and Rosie



visited



the beach



on a winter's day.



They wore



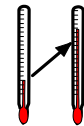
scarves

and

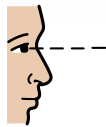


woolly hats

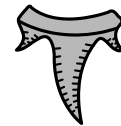
to



keep warm.

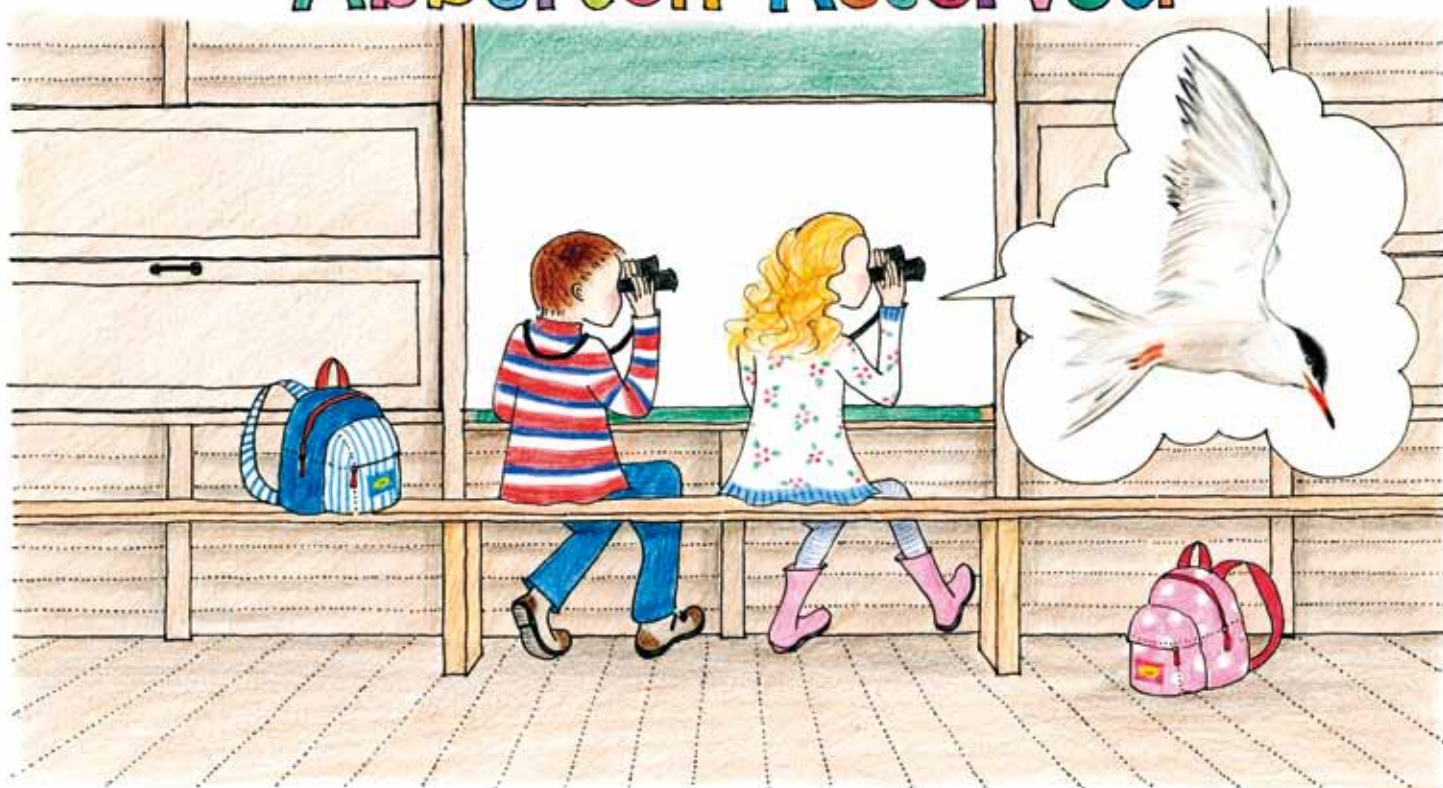


They looked for fossils on the beach.



Alex was excited! Rosie found a fossil shark's tooth.

Abberton Reservoir



Alex

and



Rosie

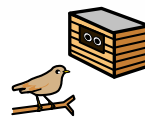


sat



quietly

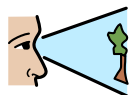
in a



hide.



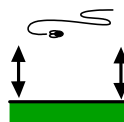
Rosie



saw



common terns

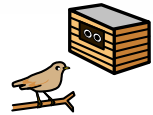
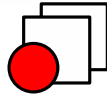
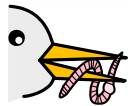


hovering

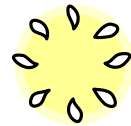
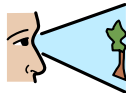
over the



water.

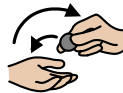


A little egret was feeding in front of the hide.

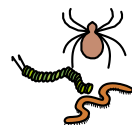
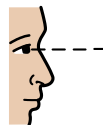
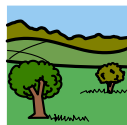


Alex was amazed to see such a beautiful bird.

Belfairs Park Wood



Alex and Rosie borrowed a Wildlife Explorer Kit.



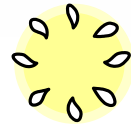
They went into the meadow to look for minibeasts.



Rosie



found

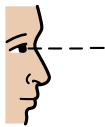


a

beautiful



shield bug.



They looked at the shield bug with their magnifying glasses.

RHS Garden Hyde Hall

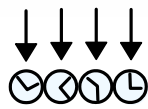


Alex



and

Rosie



always



feel



calm

in the

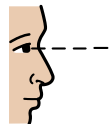


gardens.



They

enjoy

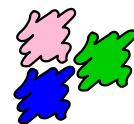


looking

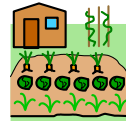
for their



favourite



colours.



In summer they like to explore the vegetable garden.



It is fun to find vegetables they eat at home.

Marsh Farm Country Park



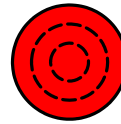
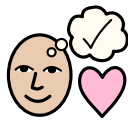
Alex and Rosie walked along the sea wall by the river.



It was fun to read the names of the yachts.

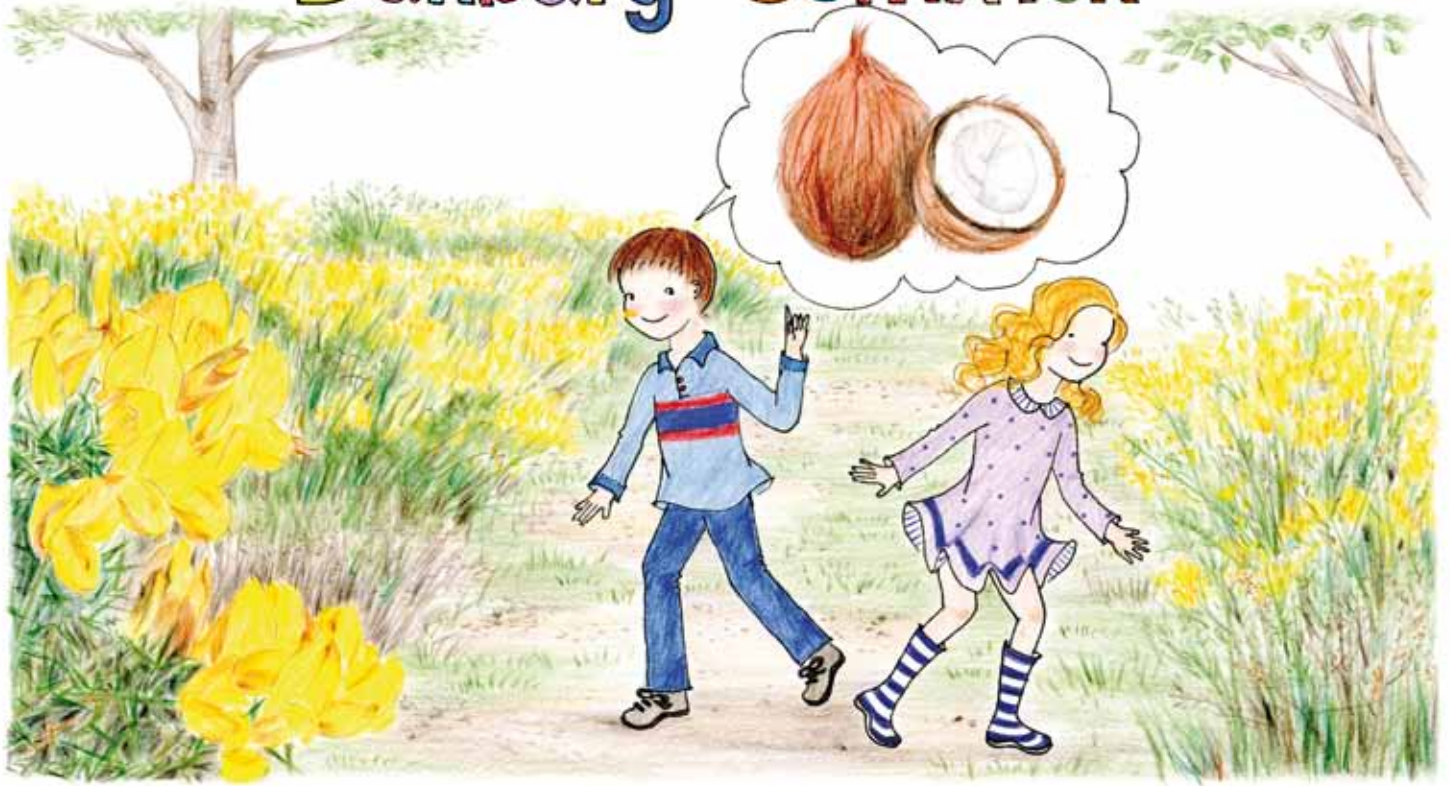


Rosie listened to reed warblers singing in the reeds.

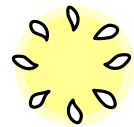


Alex was more interested in the large seed clocks.

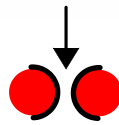
Danbury Common



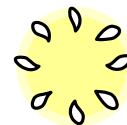
In May, the gorse was flowering.



The flowers smelt like coconut! It was lovely.



A nightingale was singing in a nearby bush.



Alex and Rosie thought that the bird's song was beautiful.

Weald Country Park



Fallow deer



live



in an enclosure



in the country park.



Rosie



brought



some



carrots

to



feed

to the



deer.



Alex

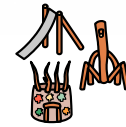


and

Rosie



followed



the adventure play trail.



They enjoyed



lying



on the large wooden bed.

Hanningfield Reservoir



Alex



Rosie



visited



the wildlife



garden.



They were surprised to



find



a rowing boat



full of flowers!



Later,



they



found



footprints

on a



muddy

path.



The

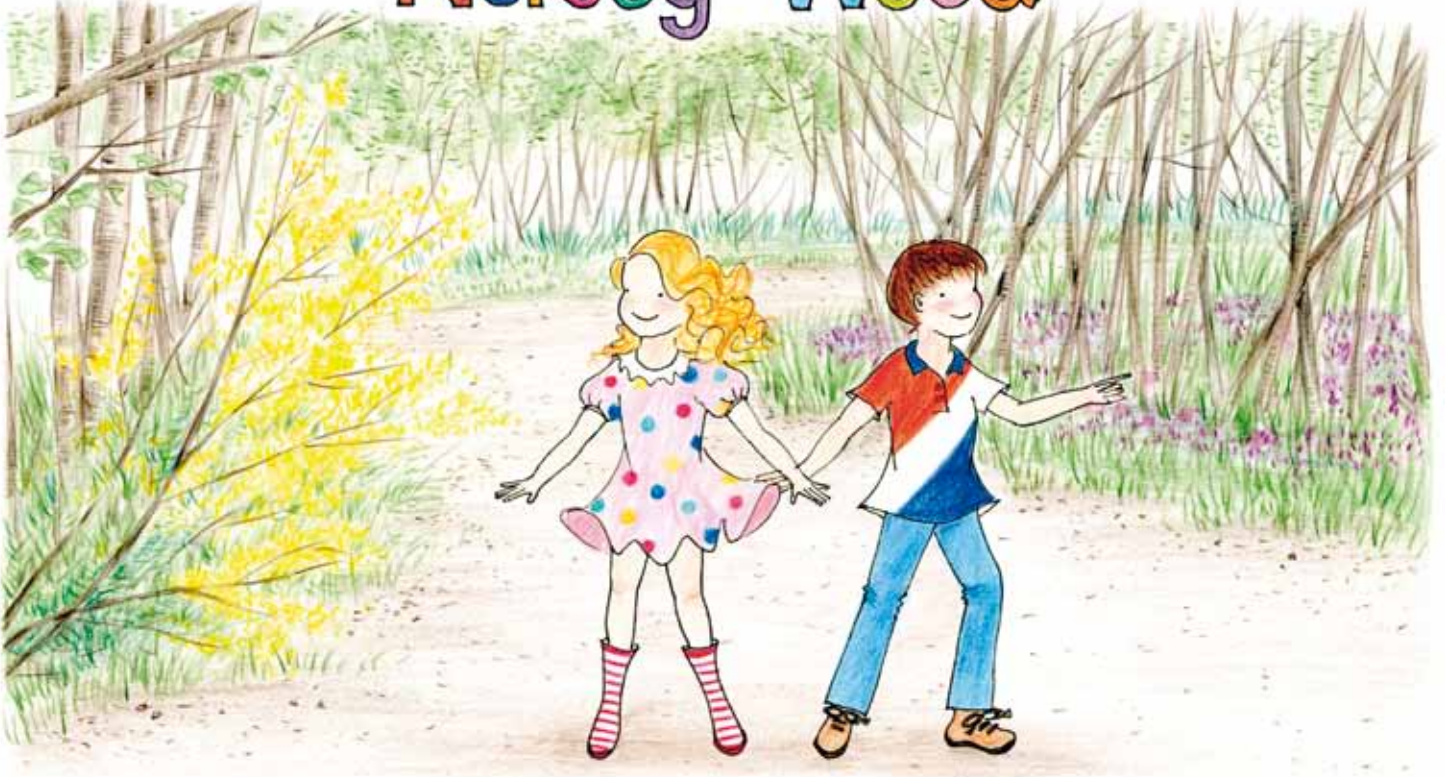
footprints

were made by a



fox.

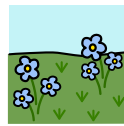
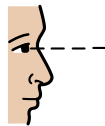
Norsey Wood

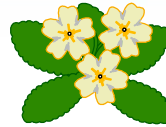


Spring is Alex and Rosie's favourite time of the year.

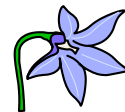
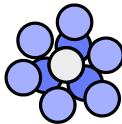


They both enjoy looking for wild flowers in the wood.





Rosie likes to find posies of primroses.



Alex likes to be surrounded by bluebells!

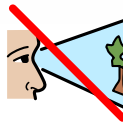
South Essex Wildlife Garden



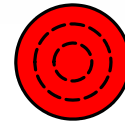
Alex



and Rosie



had never seen such a



large



aquarium.

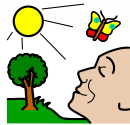


Froglets were sitting



on the

rocks.



The sensory garden was full of fragrant plants.

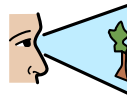


Alex liked the smell of lavender, Rosie preferred mint.

Rainham Marshes

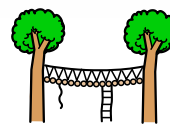


Rosie was excited to see a water vole.



Alex smiled when he heard marsh frogs croaking.



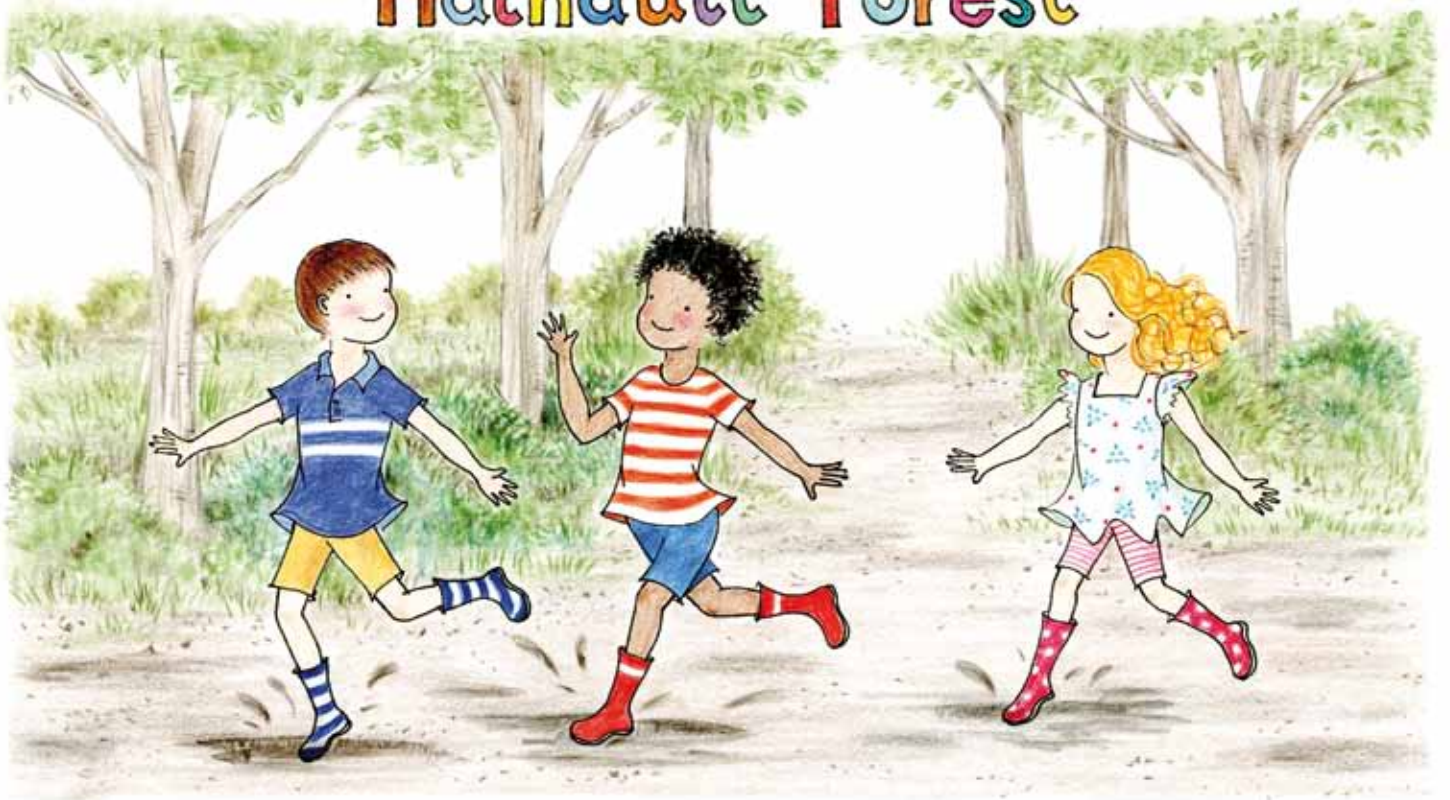


Later, they visited the adventure playground.



Alex and Rosie enjoyed the climbing frame.

Hainault Forest

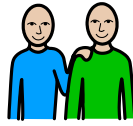


Alex



and

Rosie



took their friend to



Hainault Forest.



It was muddy



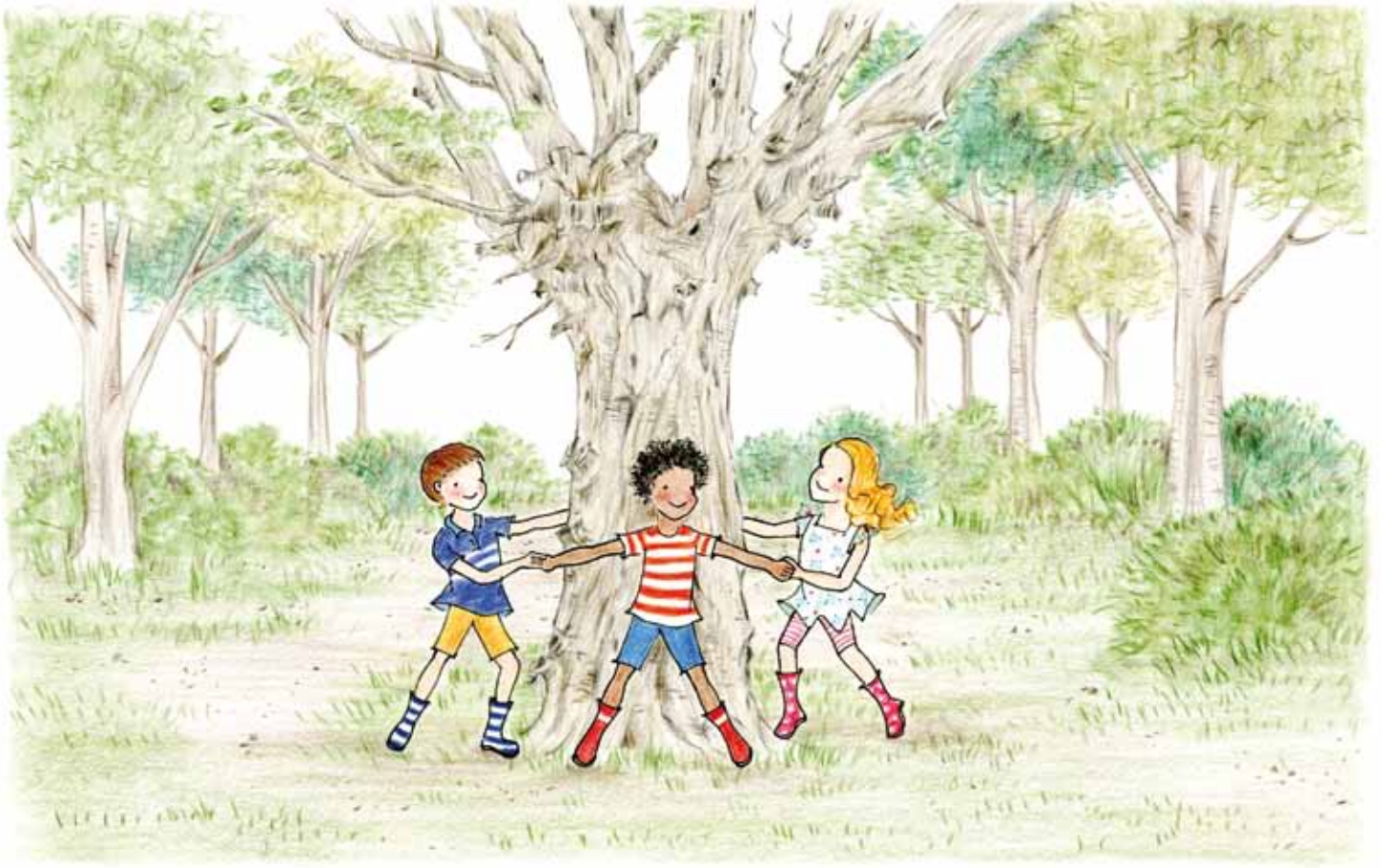
on the paths,



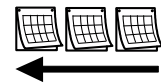
so they wore



wellingtons.



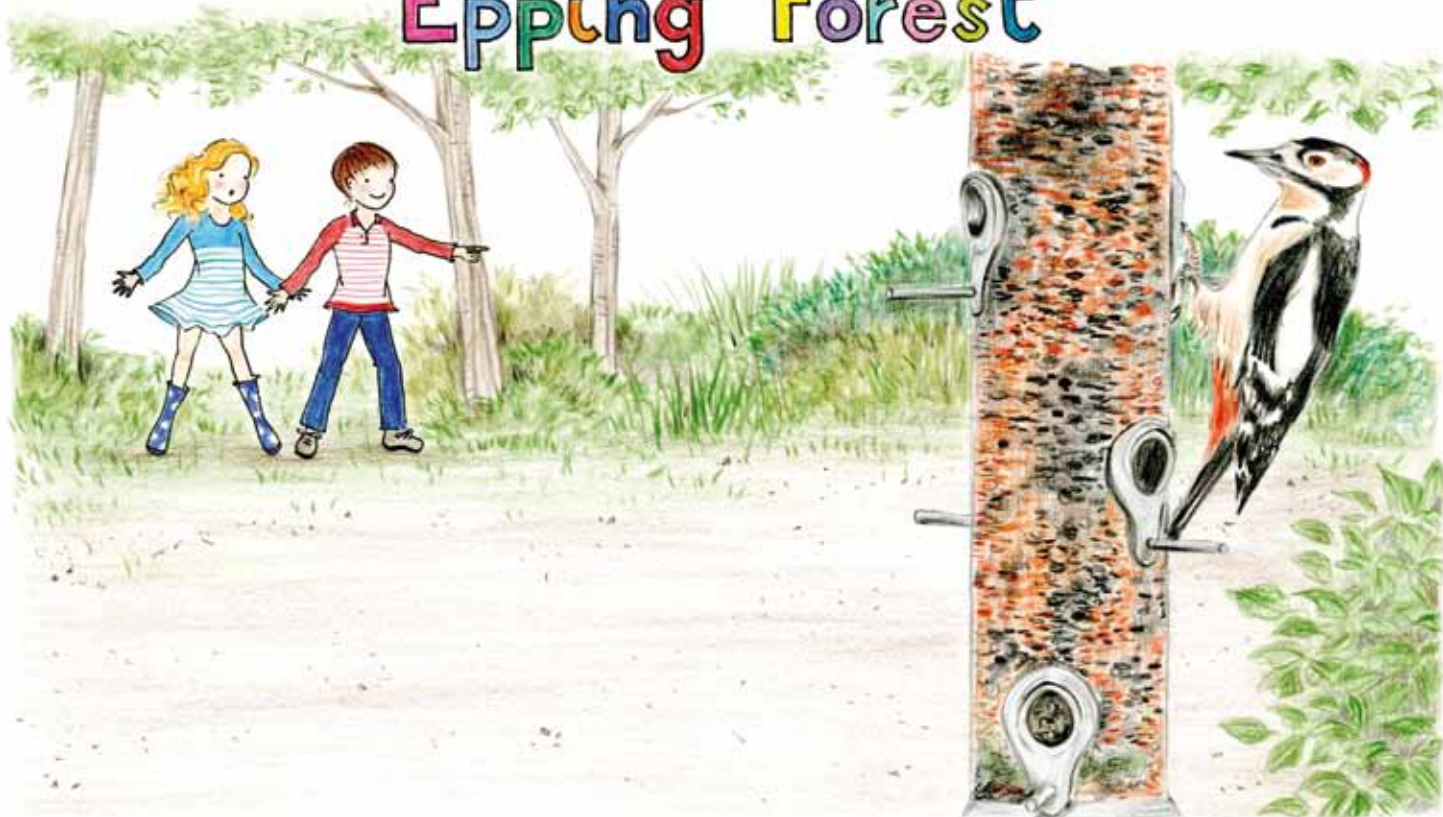
In the forest, the hornbeam trees are very old.



The children gave one of the trees a big hug.



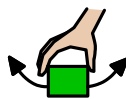
Epping Forest



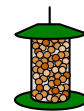
Many



birds



use



the feeders.



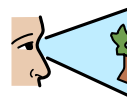
Alex



and Rosie



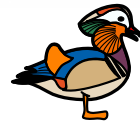
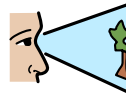
were surprised to



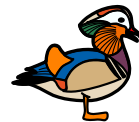
see



a woodpecker.



On the lake, Alex and Rosie saw a Mandarin duck.



It was a very colourful bird.

Chafford Gorges Nature Park



Alex

and

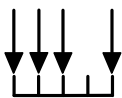


Rosie

discovered

a

lake.



A

lot of



geese

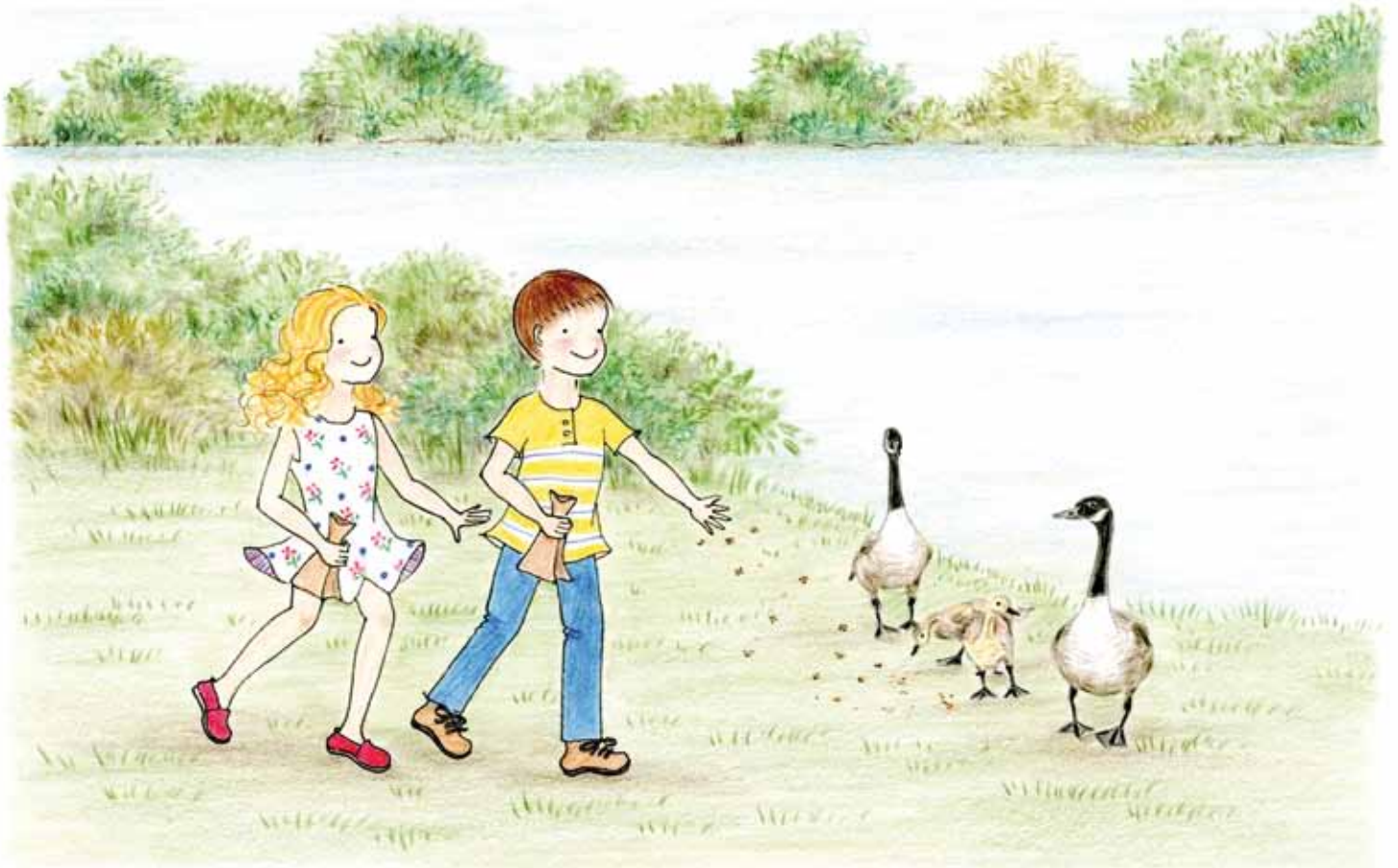
had discovered

the

lake

too!





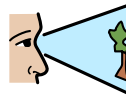
Alex



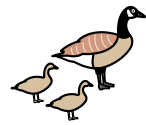
and Rosie



were delighted to



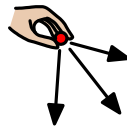
see



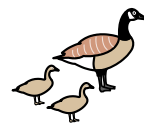
a family of geese.



They enjoyed



feeding grain



to the

family.

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Autism and Nature, Kent.

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