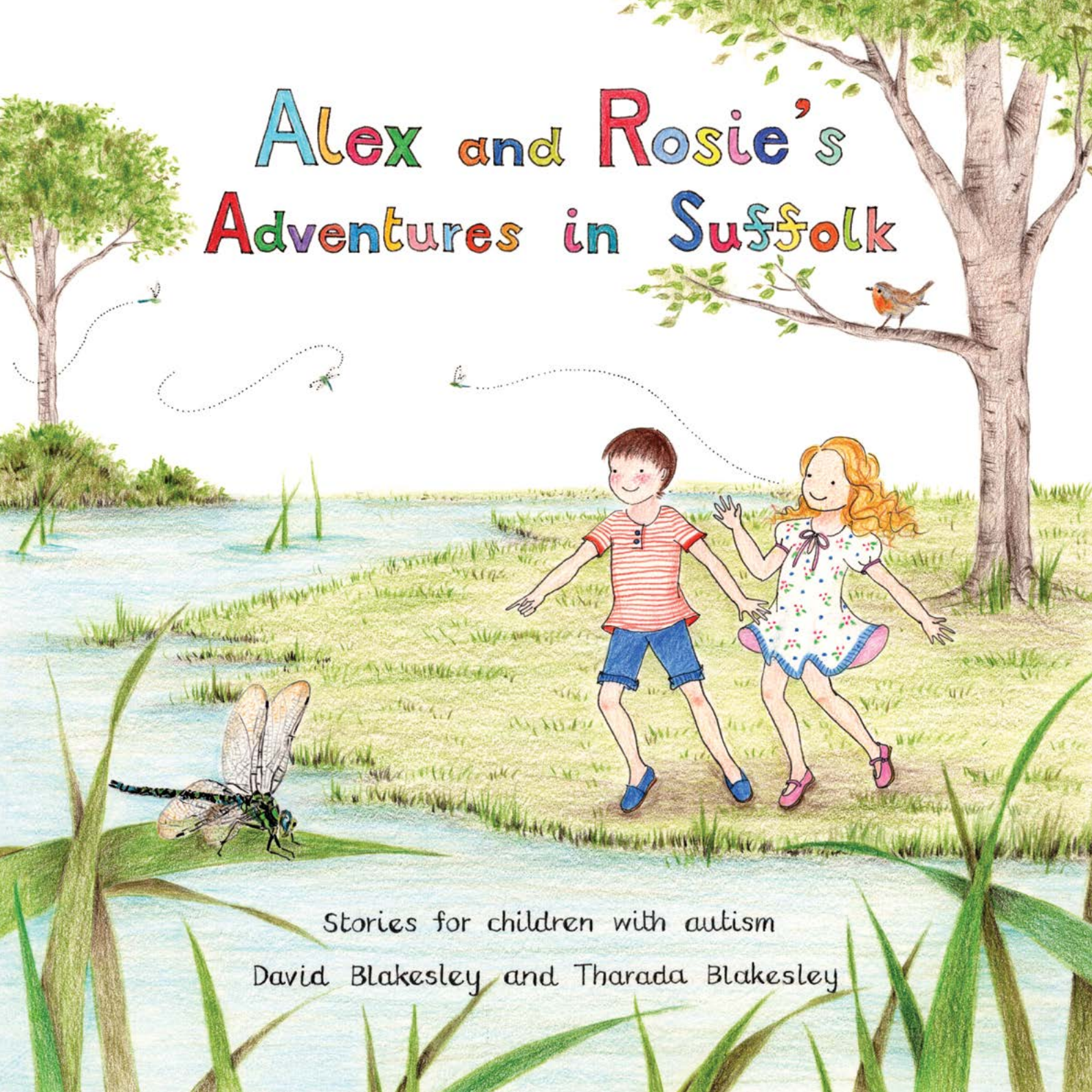


Alex and Rosie's Adventures in Suffolk



Stories for children with autism
David Blakesley and Tharada Blakesley

Alex and Rosie's Adventures in Suffolk

Story by David Blakesley

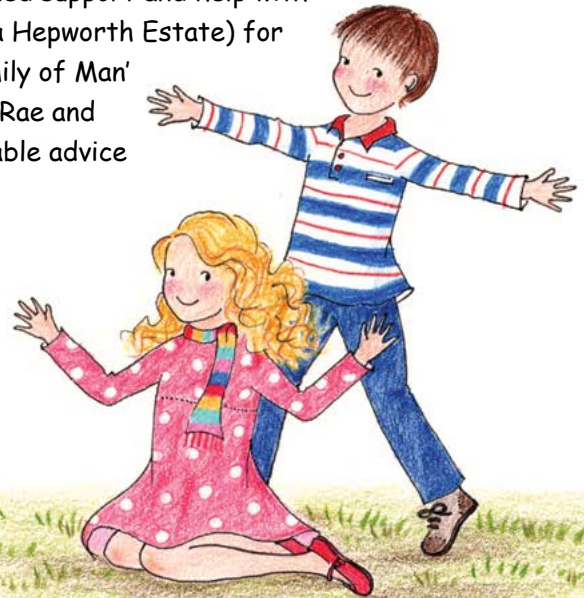
Illustrations by Tharada Blakesley



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 Suffolk' has been written to complement our guide 'Visiting the Suffolk countryside: a guide for parents 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 disabilities and encourage their interest in the countryside and nature. For more information visit the Autism and Nature website (www.autismandnature.org.uk).

This book was originally funded by the Amenity and Accessibility Fund and the Coast & Heaths Area of Outstanding Natural Beauty (ANOB) Sustainable Development Fund; the Dedham Vale AONB Sustainable Development Fund; Suffolk Community Foundation (Bluebell Fund and the Martineau Fund); and Activities Unlimited. We would like to thank Activities Unlimited for their help in distributing the printed version. The eBook and audiovisual versions were funded by Activities Unlimited and we would like to offer special thanks to Chris Southwell for his continued support and help with publicity. We would like to thank Dr Sophie Bowness (Barbara Hepworth Estate) for allowing us to illustrate the Barbara Hepworth sculpture 'Family of Man' (Barbara Hepworth © Bowness). We would 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 Tone Blakesley for the design and production of the audiovisual and eBook editions. The audiovisual version can be viewed on Autism and Nature's YouTube channel.

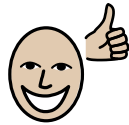




Alex



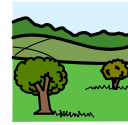
and Rosie



enjoy



visiting



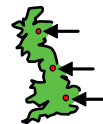
the countryside.



This is a story



about their favourite places

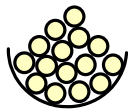


in

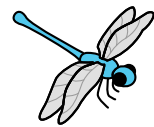
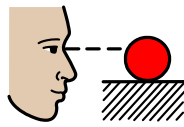


Suffolk.

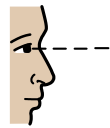
Lakenheath Fen



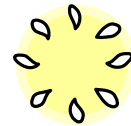
There is a lot of wildlife at Lakenheath nature reserve.



Alex and Rosie enjoyed watching the dragonflies.

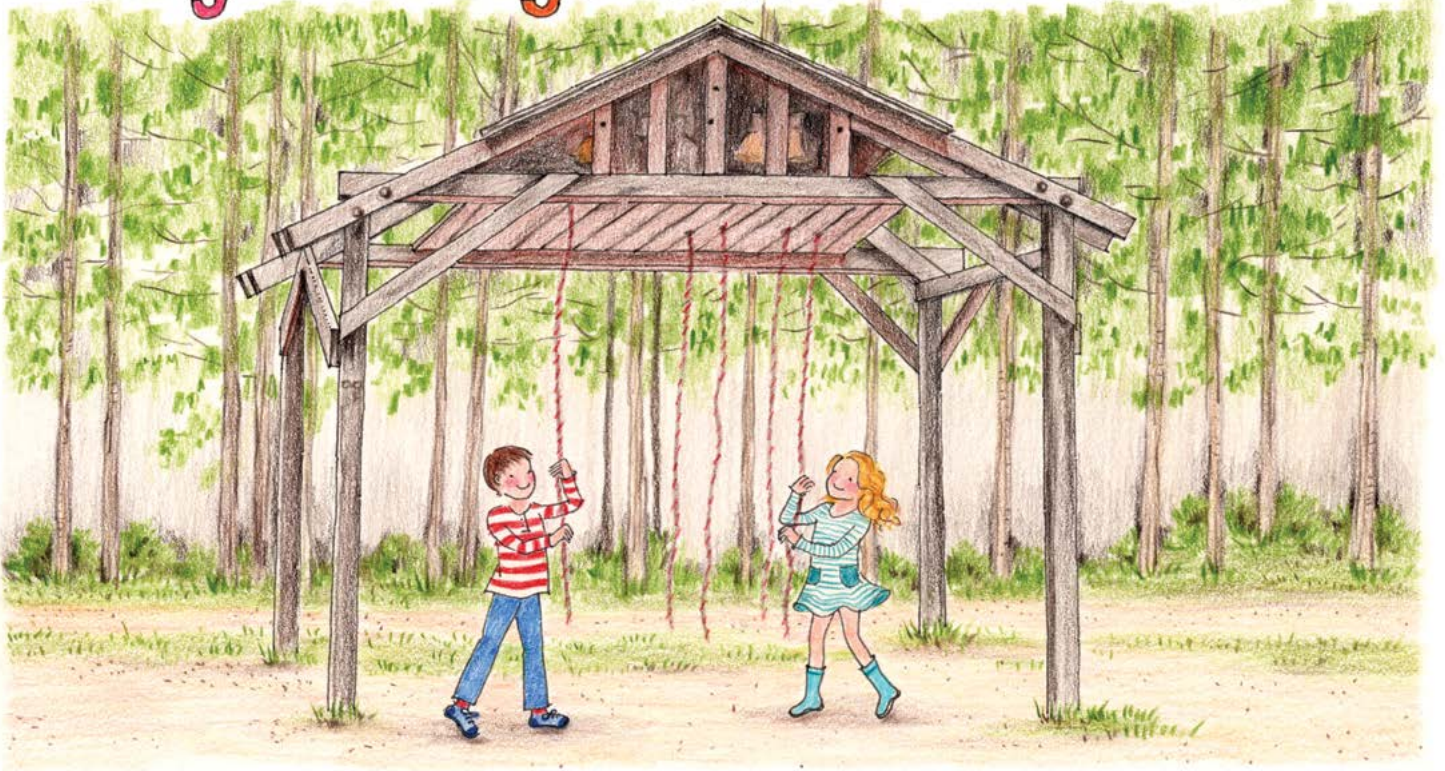


Alex spotted a kingfisher.



Rosie was very happy. Kingfishers are beautiful birds!

High Lodge Thetford Forest



Alex

and



Rosie



enjoyed



visiting



the musical



forest.



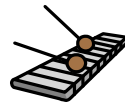
Alex



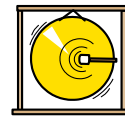
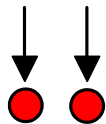
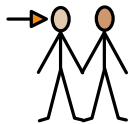
liked



ringing the bells.



Rosie's favourite instrument was the xylophone.



They

both

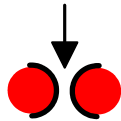
enjoyed

hitting

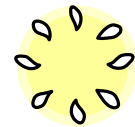
the

gongs.

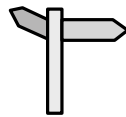
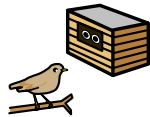
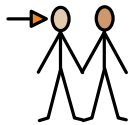
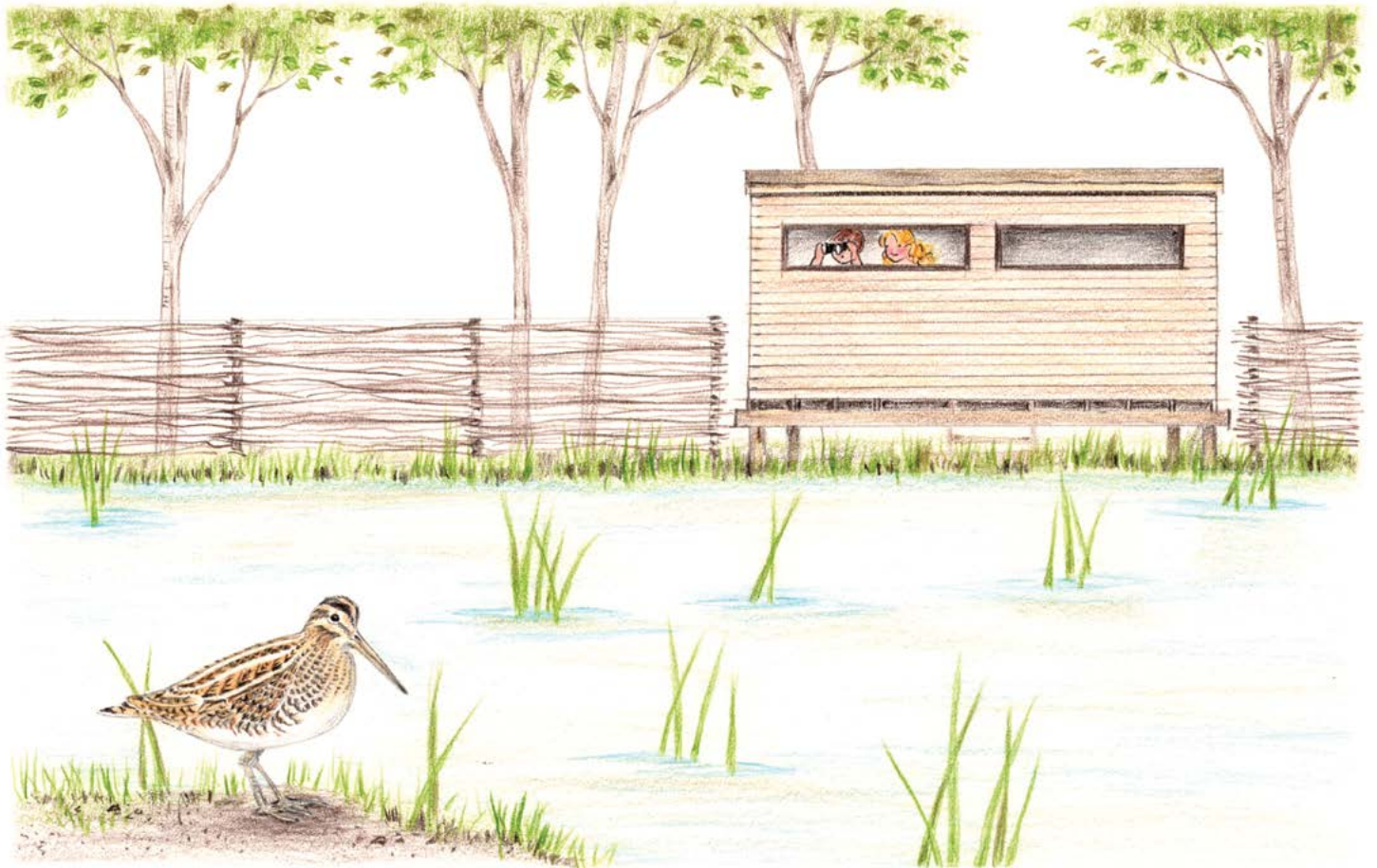
Lackford Lakes



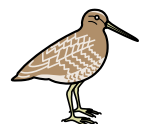
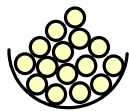
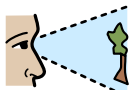
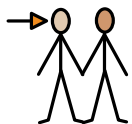
A nightingale was singing near the visitor centre.



Alex and Rosie listened to the song, it was beautiful.

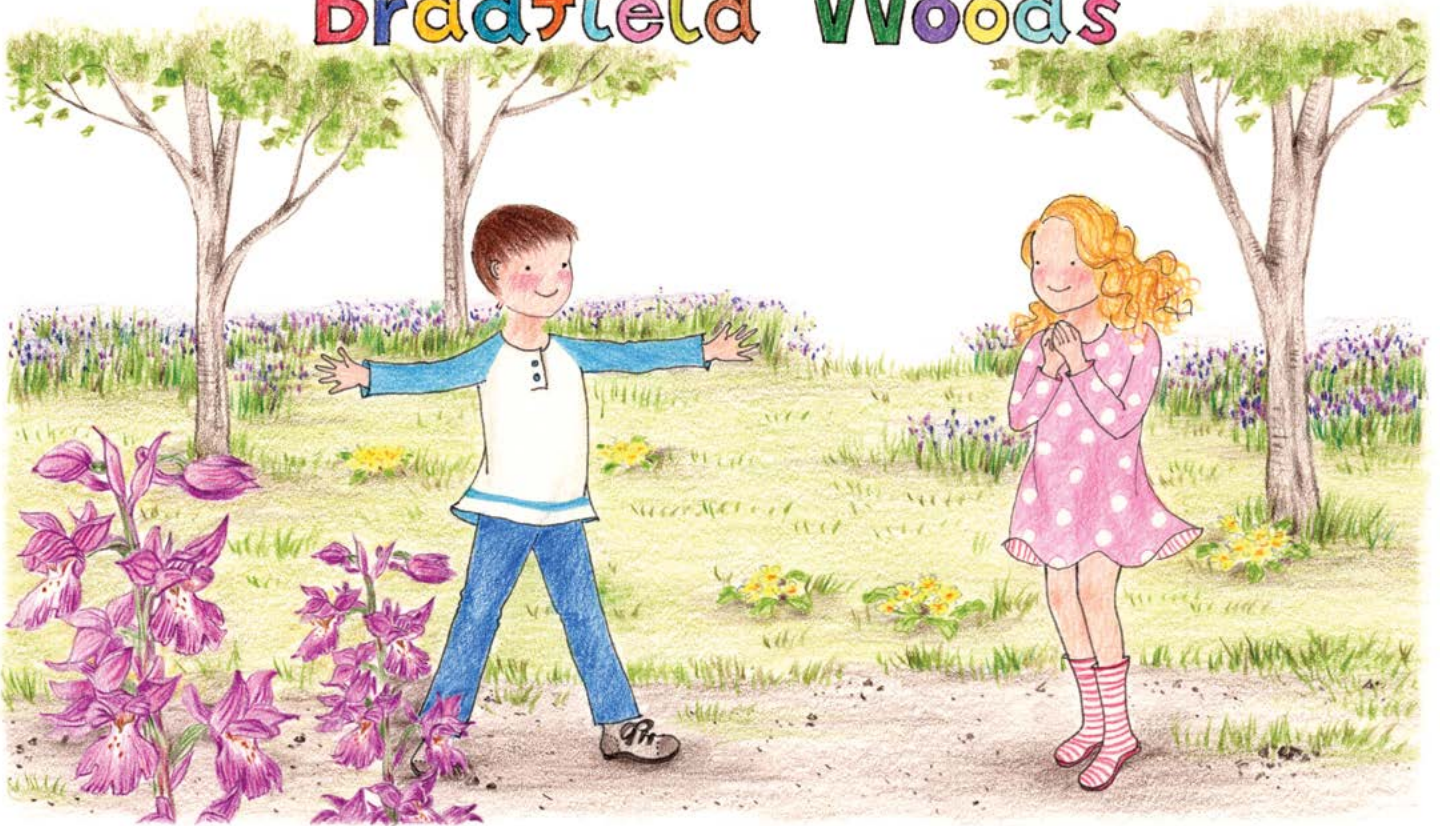


They visited the hides where you can watch birds.



They saw many birds, but their favourite was a snipe.

Bradfield Woods



Alex



and Rosie



visited

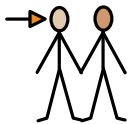
Bradfield



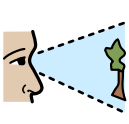
Woods



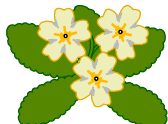
in spring.



They



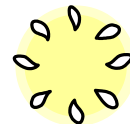
saw



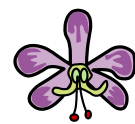
primroses,



bluebells



and beautiful



orchids.



Birds were singing in the trees.

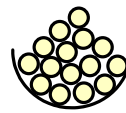
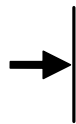
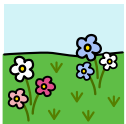


Rosie recognised the song of a chiffchaff.

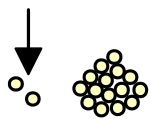
Redgrave and Lopham Fen



Alex and Rosie followed a path through the marsh.



Wild flowers along the path attracted a lot of butterflies.



Rare



spiders



live



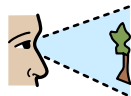
in the marsh.



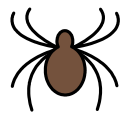
Alex



was excited to



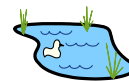
see



a spider

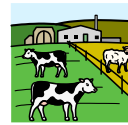
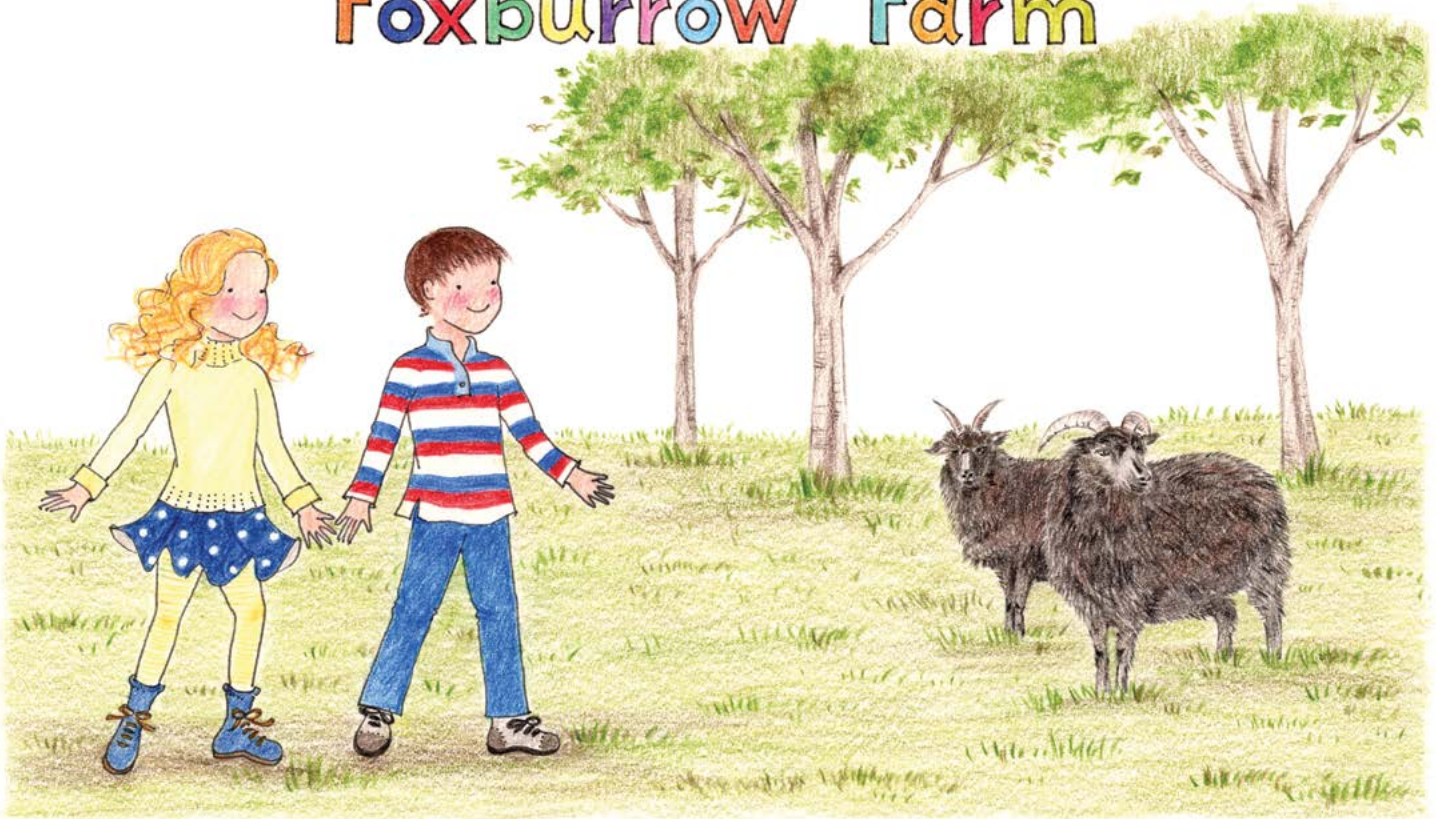


at the edge

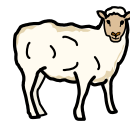
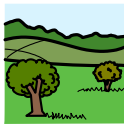
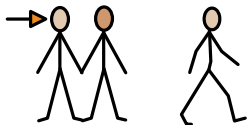


of a pond.

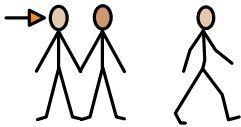
Foxburrow Farm



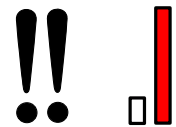
Alex and Rosie visited Foxburrow Farm.



They walked through a meadow where sheep were grazing.

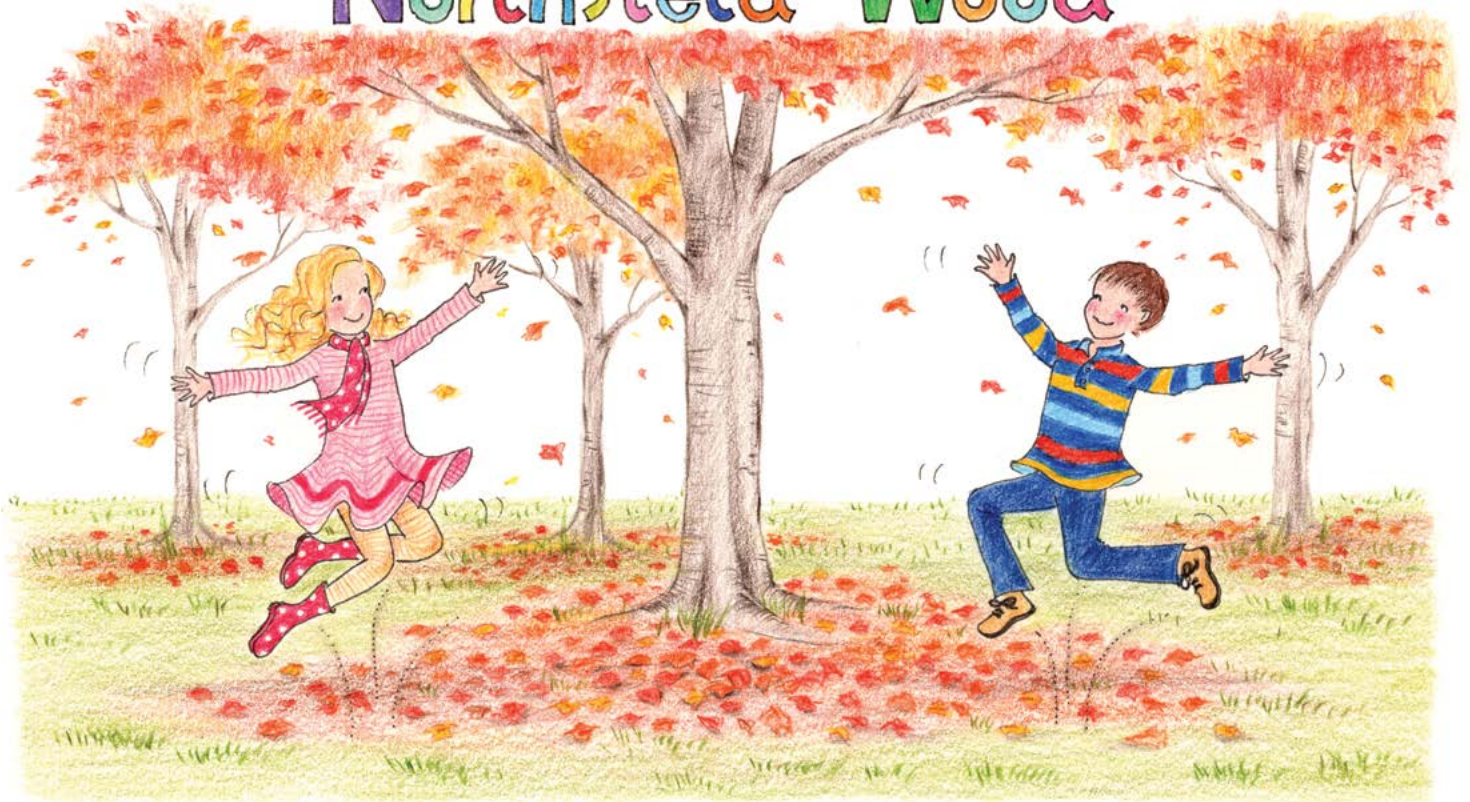


Later, they walked on a path through a field of barley.



Alex and Rosie were amazed! The barley was very tall.

Northfield Wood



Alex



and Rosie



visited Northfield



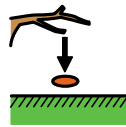
Wood



in the autumn.



Leaves



were falling from



the trees.



Alex



and

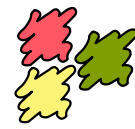
Rosie



collected



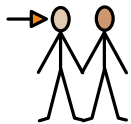
different



coloured



leaves.



They



used



the leaves

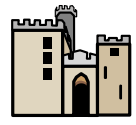


to make



a crown.

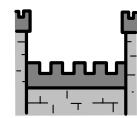
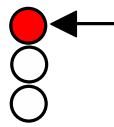
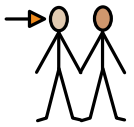
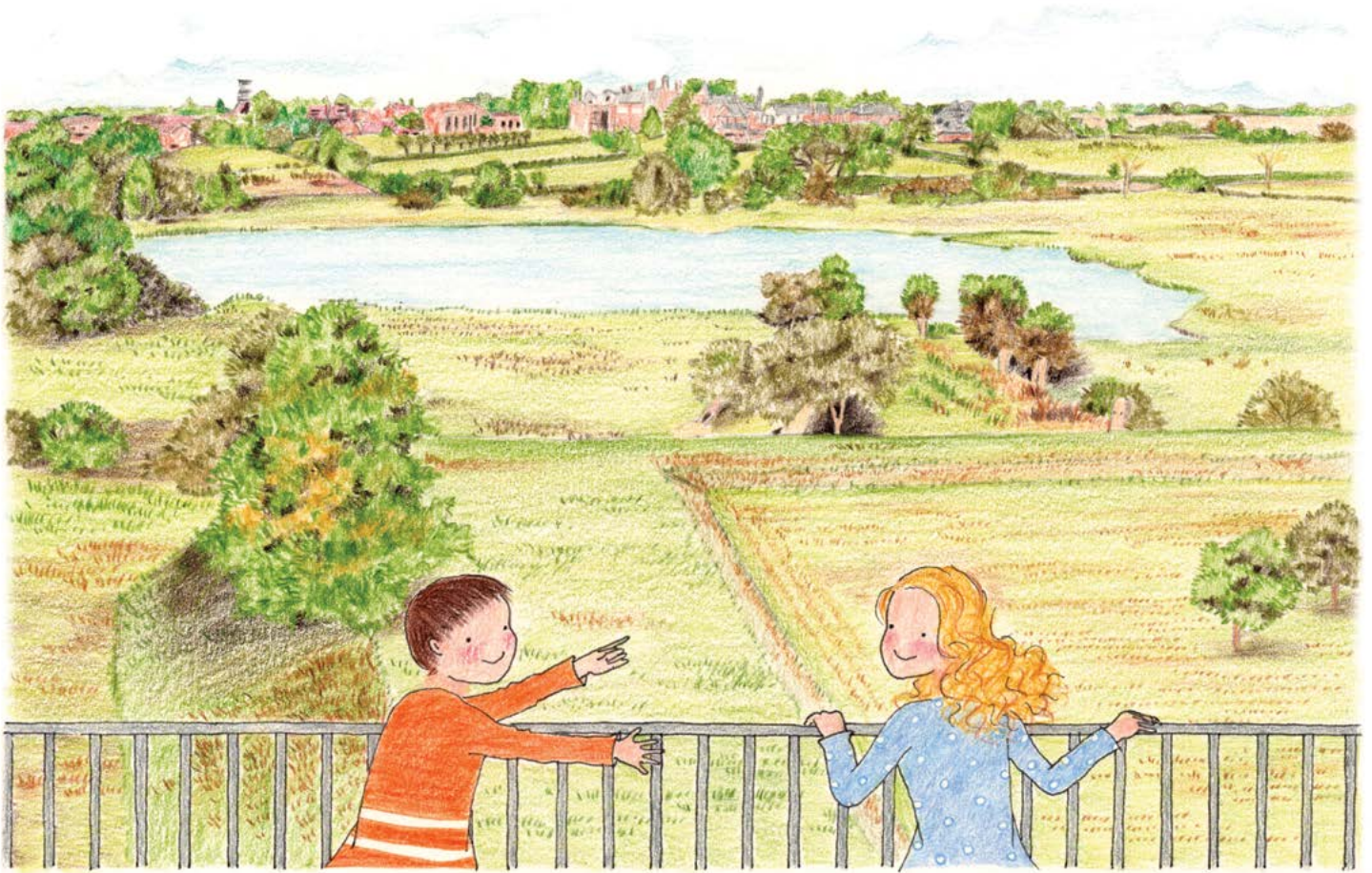
Framlingham Castle



Alex and Rosie were excited to visit Framlingham Castle.



The castle walls were very tall.

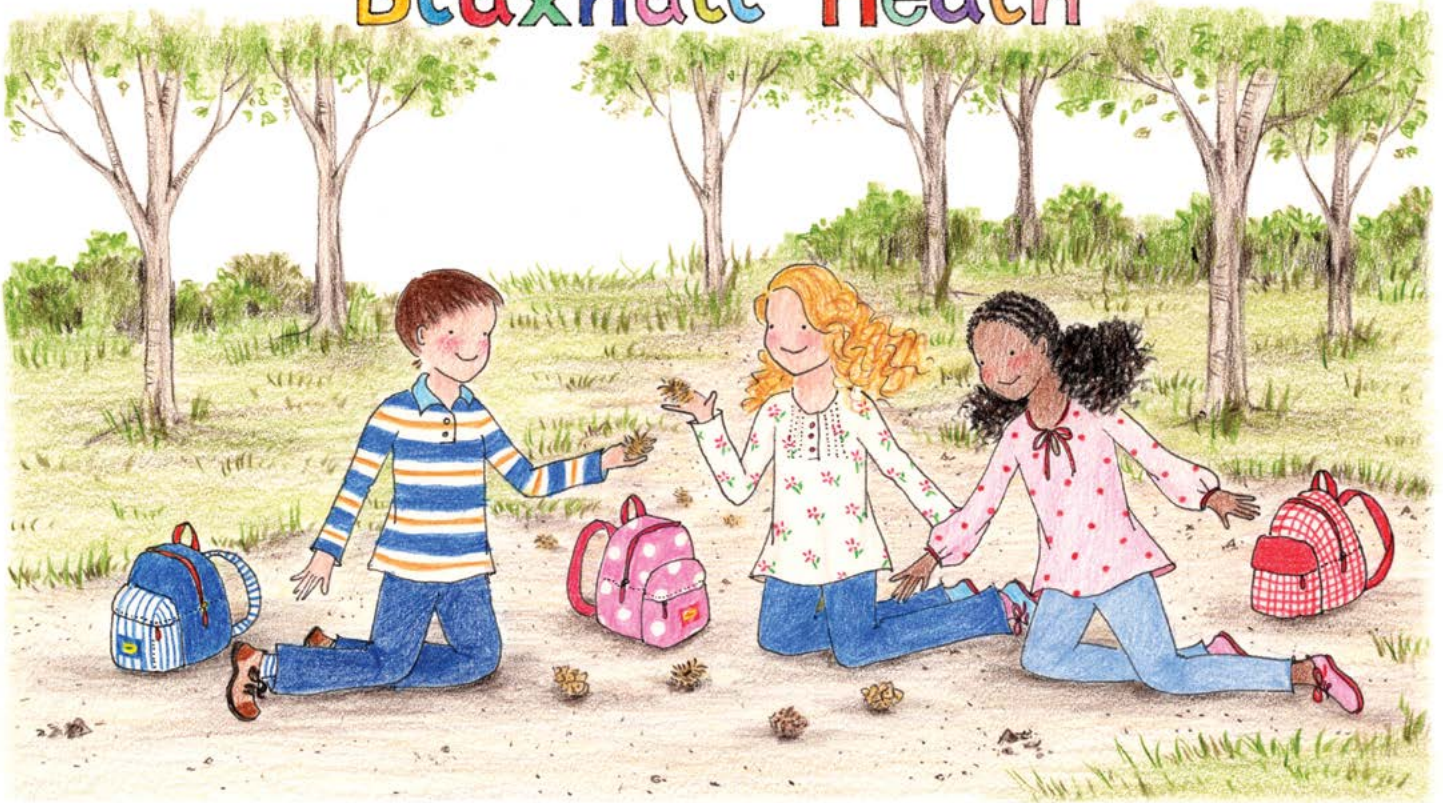


They climbed the stairs to the top of the battlements.



The view across the lake was amazing!

Blaxhall Heath

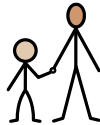


Alex



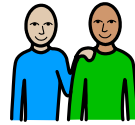
and

Rosie



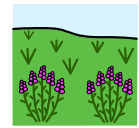
took

their

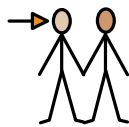


friend

to Blaxhall



Heath.



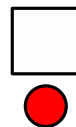
They



found



pine cones



under



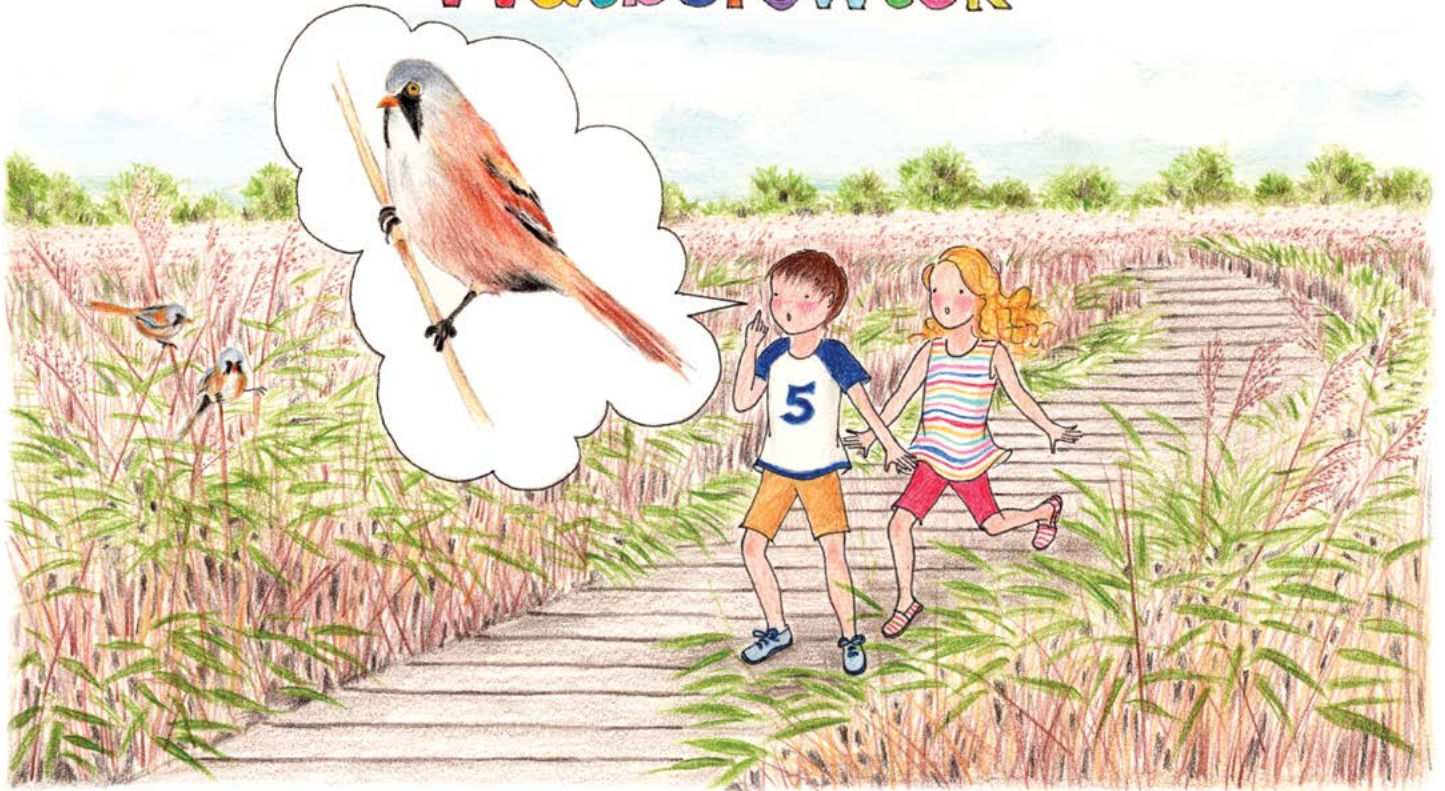
the trees.



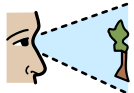
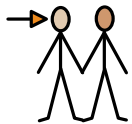
    
Some of the trees had very rough bark.

    
Alex made bark rubbings with paper and crayons.

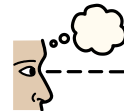
Walberswick



Alex and Rosie walked on the boardwalk through the reeds.



2



They saw two bearded tits that looked like parrots!



Later,



Alex

and



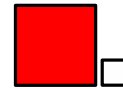
Rosie



caught



several



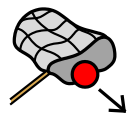
large



crabs.



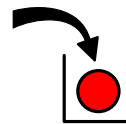
Alex



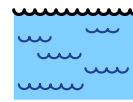
carefully put



the crabs

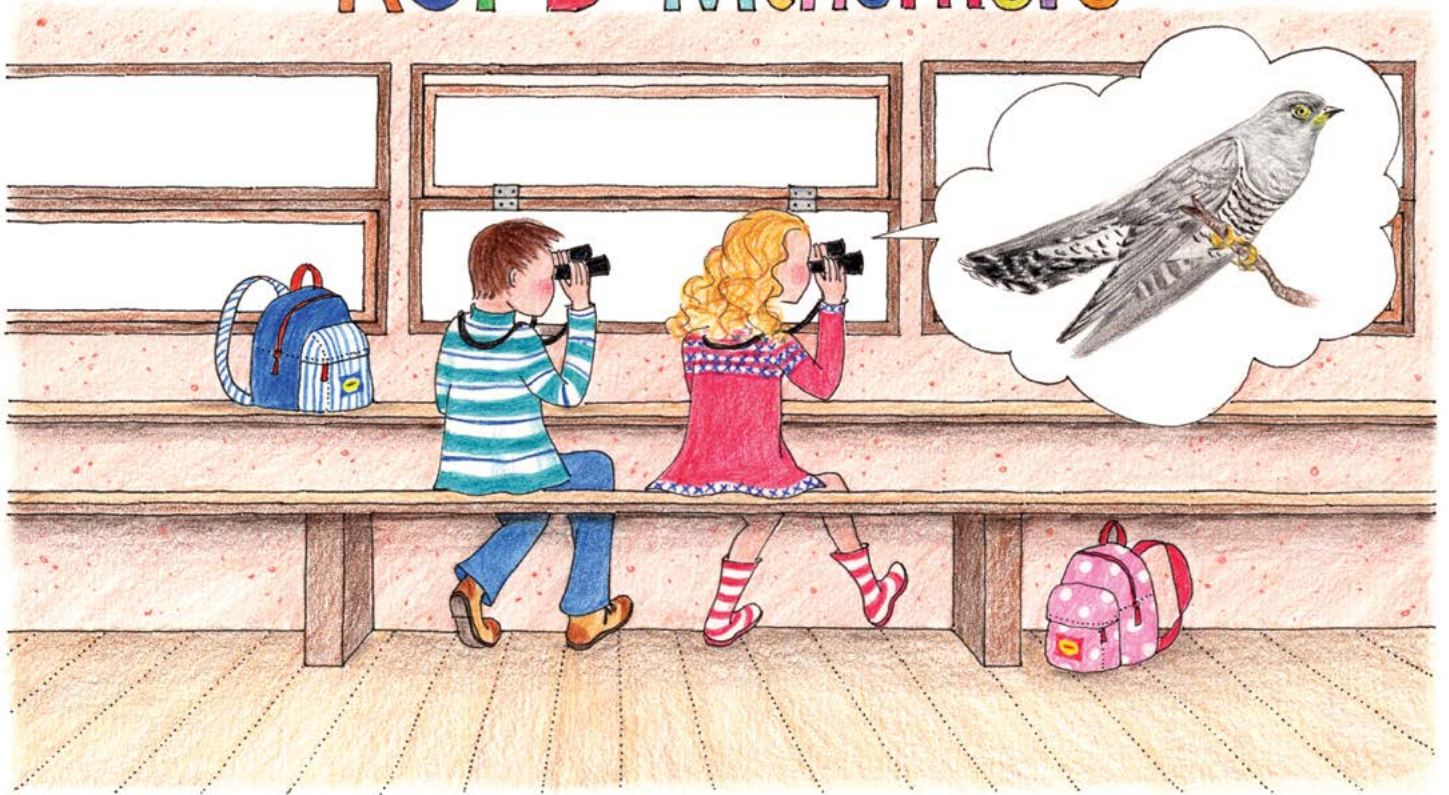


back into



the water.

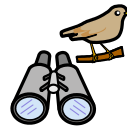
RSPB Minsmere



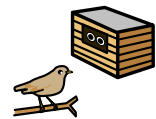
Alex



Rosie



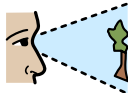
went bird watching



in a hide.



Alex



saw



a marsh harrier



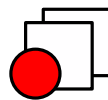
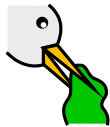
Rosie



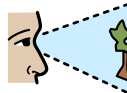
heard



a cuckoo.

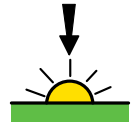
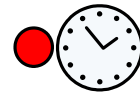
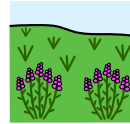
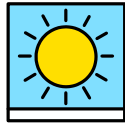


A bittern was feeding in the reeds in front of the hide.



Alex and Rosie were very happy to see so much wildlife.

Westleton Heath



On an autumn day at Westleton Heath, just before sunset...



Alex



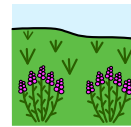
and

Rosie



walked

across the



heath.



Suddenly,



Alex



heard



the roar



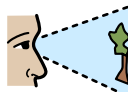
of a red deer stag.



With her binoculars,



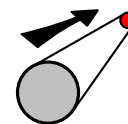
Rosie



saw

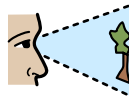


the stag



in the distance.

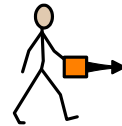
Dunwich Heath



Rosie was delighted to see the heather in flower.



Pink is Rosie's favourite colour!

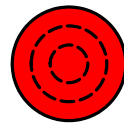


On the beach, Rosie collected pebbles to take home.

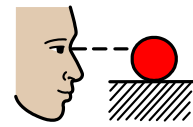
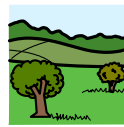
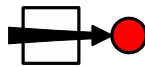


Alex collected driftwood to make a sculpture.

Snape



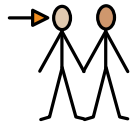
The 'Family of Man' is a large sculpture at Snape.



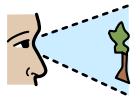
Alex and Rosie ran across the meadow to look at it.



Later,



they



saw



a yellowhammer



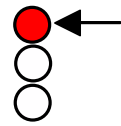
in Snape Warren.



The yellowhammer



was singing



from the

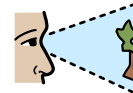
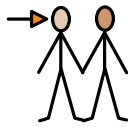


top of a bush.

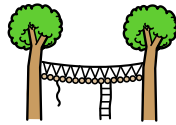
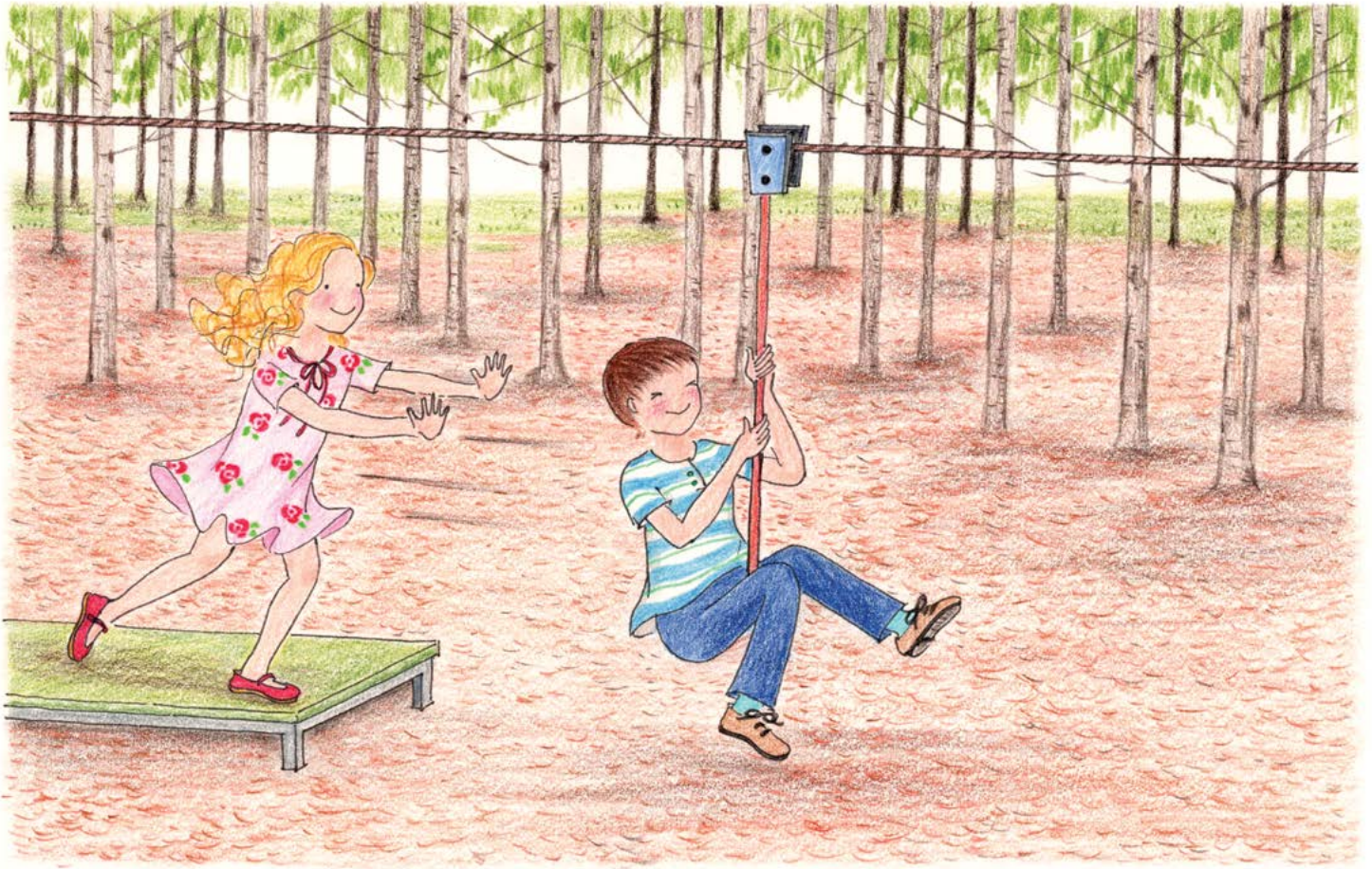
Rendlesham Forest



Alex and Rosie went for a long walk in the forest.



On a quiet track they were excited to see a deer.



There is an adventure playground in the forest.



Alex

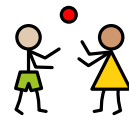


and

Rosie



liked



playing



on the

zip wire.

Sutton Common



Alex



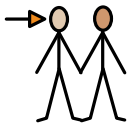
Rosie



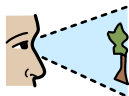
explored



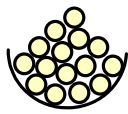
Sutton Common.



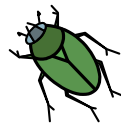
They



saw



a lot



of green tiger beetles



on the sandy



path.



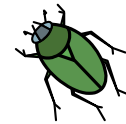
Alex



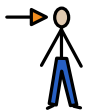
wanted to



photograph



the beetles.



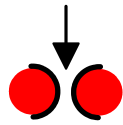
When

he

got

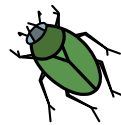


too



close,

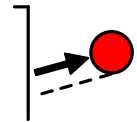
the



beetles

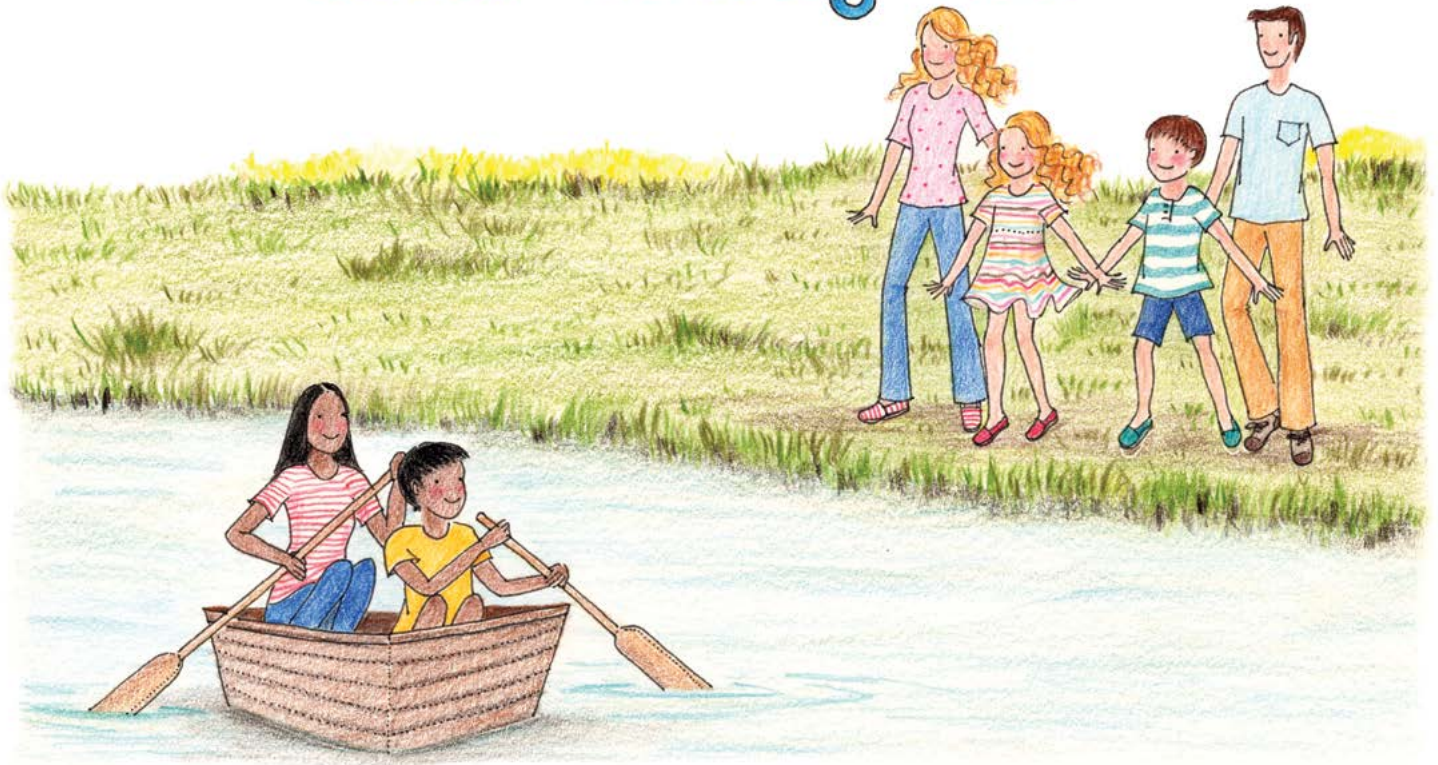


flew

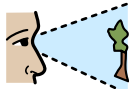
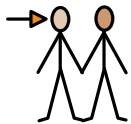


away!

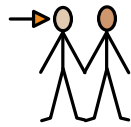
Stour Valley Path



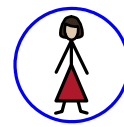
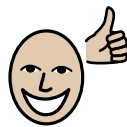
Alex and Rosie walked along the banks of the River Stour.



They saw people in rowing boats on the river.

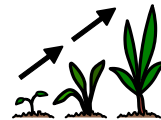
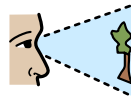


When they arrived at the bridge....

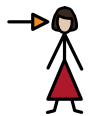


Alex and Rosie enjoyed a picnic with Mum and Dad.

Flatford



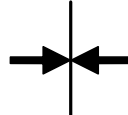
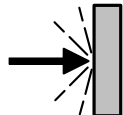
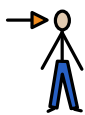
Rosie was delighted to see plants growing in wellies!



She decided to grow plants in her wellies at home!



On the nature trail, Alex found a woodpecker made of wood.



He tapped it against the tree stump.

The Place for Plants



Alex



and Rosie



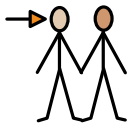
visited



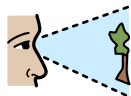
the gardens



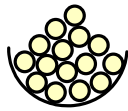
in June.



They



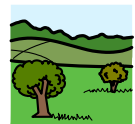
saw



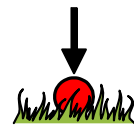
a lot



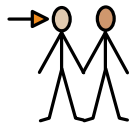
of wild flowers



in the meadow.

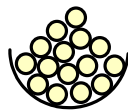


Later, Alex and Rosie found flower petals on the ground.



They used the petals to create natural art.

Arger Fen



In spring there are a lot of bluebells in the wood.



Alex was happy because blue is his favourite colour!



Rosie



was

happy

to



find



wild garlic

in the



wood.

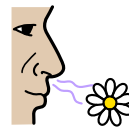


Alex



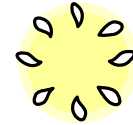
did not like

the

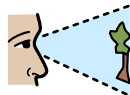


smell!

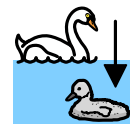
Sudbury Riverside



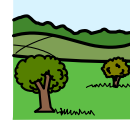
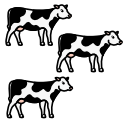
The path along the river was lovely.



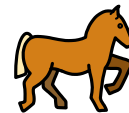
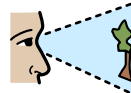
2



Alex and Rosie saw two swans with their cygnets.

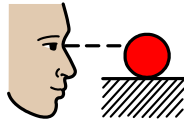
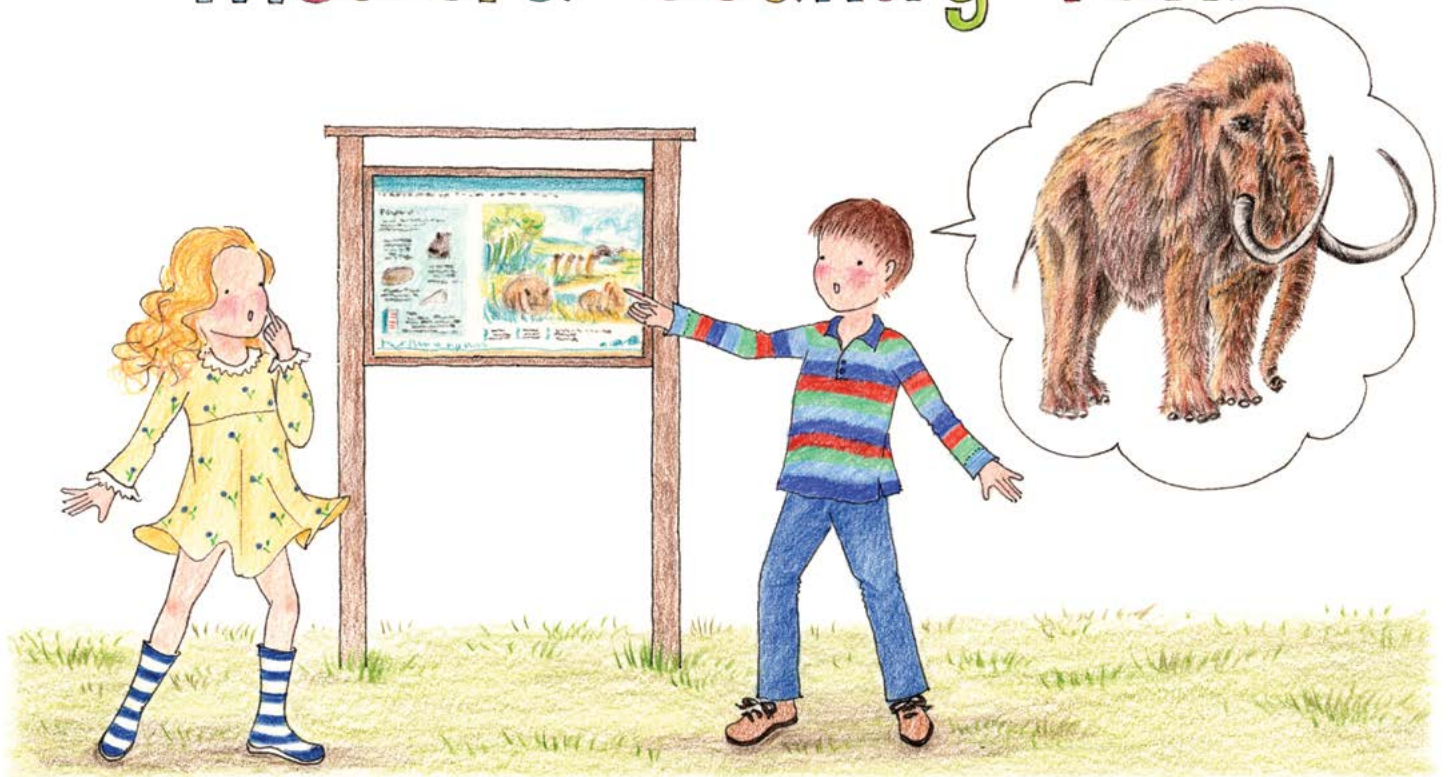


Cows were grazing in the meadows.

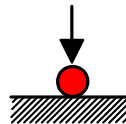
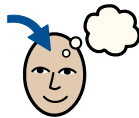
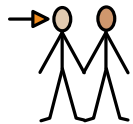


Alex and Rosie also saw some horses.

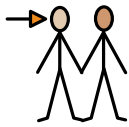
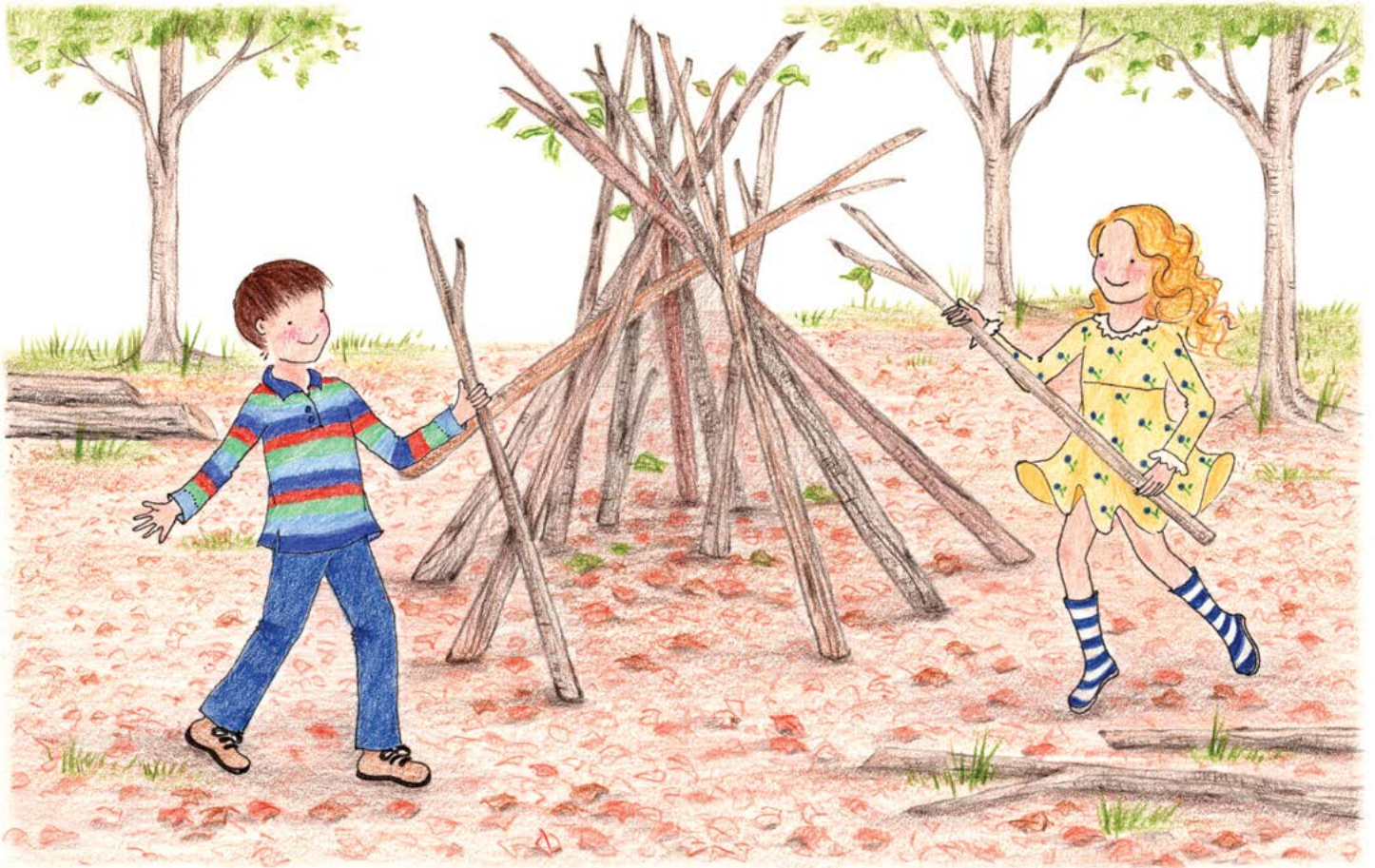
Melford Country Park



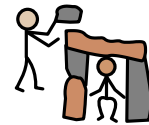
Alex and Rosie looked at the information board.



They learnt that mammoths lived here a long time ago.



They walked around the country park.



In the wood, Rosie helped Alex to build a den.

eBook edition published in the United Kingdom in 2022 by Autism and Nature
Designed and produced by Tone Blakesley

First published in 2016 by Autism and Nature
ISBN 978-0-9571525-9-5
Blakesley, D and Blakesley, T. 2021. Alex and Rosie's Adventures in Suffolk
Autism and Nature, Kent.

The right of David Blakesley and Tharada Blakesley to be identified as the author and illustrator of this work
has been asserted by them in accordance with the Copyright, Designs and Patents Act 1988.

Text copyright © David Blakesley
Illustrations copyright © Tharada Blakesley
Widgit Symbols © Widgit Software 2002-2022 www.widgit.com.

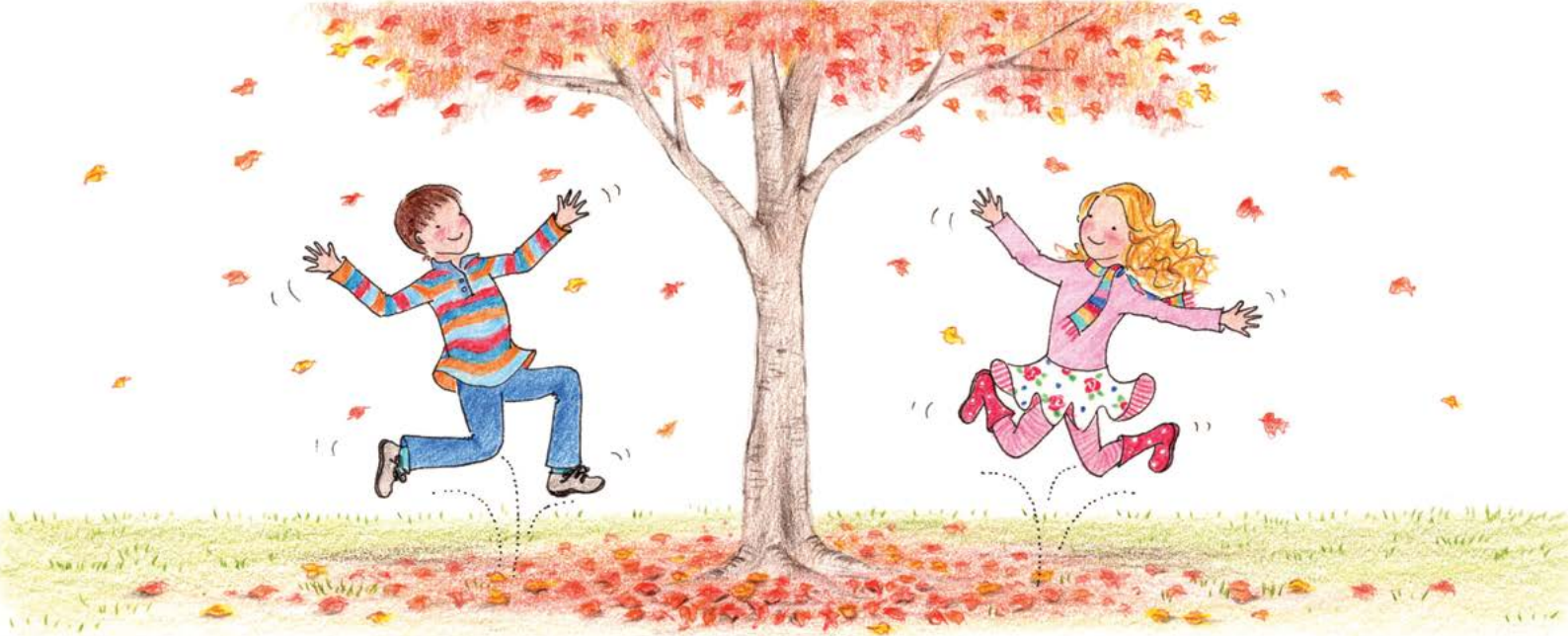
All rights reserved. No part of this publication may be reproduced
in any form without prior permission of the authors

Other editions available:
Audiovisual book published 2022

www.autismandnature.org.uk

Disclaimer

We recommend visitors to any places included in this book to take all appropriate
steps to ensure health and safety of all users, and to follow their own health and safety policy.
Neither the publisher nor the authors can be held responsible for any consequences arising from
the use of the information contained herein, including accidents or damage as a result of its use.



Alex and Rosie had a lot of fun visiting their favourite places in the Suffolk countryside. Find out where they went and what they saw.

Published by

Supported by



SUFFOLK
Community
Foundation

