

Alex and Rosie

Explore Suffolk's Heritage



Stories for children with autism
David Blakesley and Tharada Blakesley

Alex and Rosie

Explore Suffolk's Heritage

Stories by David Blakesley

Illustrations by Tharada Blakesley



Introduction

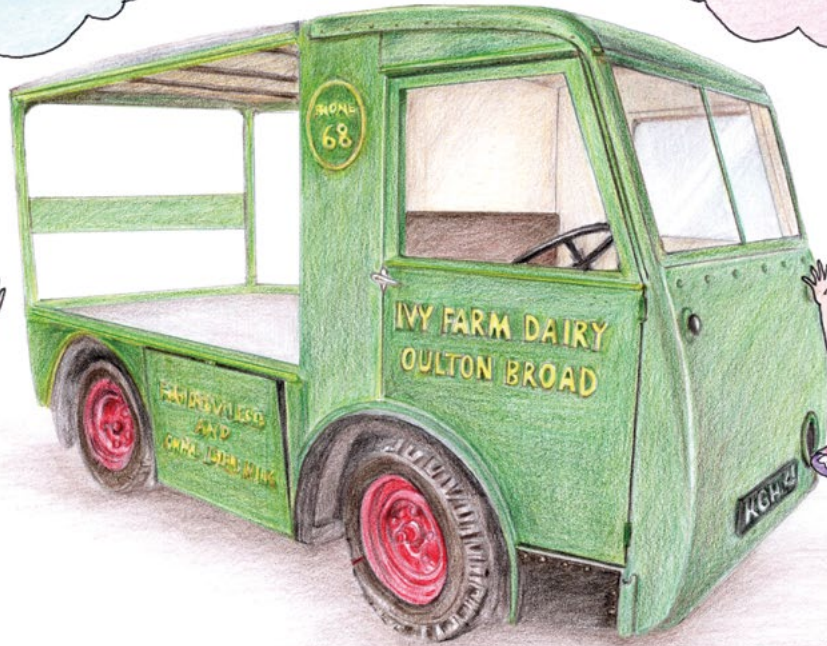
Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and rural heritage. 'Alex and Rosie Explore Suffolk's Heritage' has been written to complement our guide 'Exploring Suffolk's Heritage: a guide for parents and teachers of children with autism'. The book tells the story of two children, Alex and Rosie, who visit heritage places described in our guide, particularly those associated with rural life. We hope that it will appeal to younger children with autism and children with speech and language difficulties, and encourage their interest in rural heritage and the countryside. For more information visit the Autism and Nature website (www.autismandnature.org.uk).

This book was originally funded by the Suffolk Community Foundation (Suffolk Giving Fund and Private Fund - JA) and the Nineveh Charitable Trust. We would like to thank Activities Unlimited for their help in distributing the printed version. The eBook and audiovisual editions 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 also like to thank Guillaume Duclaud-Williams (Widgit Software) for his valuable advice on symbolising the text. Finally, we would like to thank Tone Blakesley for the design, editing and production of the audiovisual book and eBook editions. The audiovisual version can be viewed on Autism and Nature's YouTube channel.



Hello
My name is Alex

Hello
My name is Rosie



Alex



and

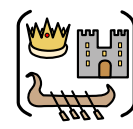
Rosie



enjoy



visiting



heritage



places.



This is a story



about their favourite

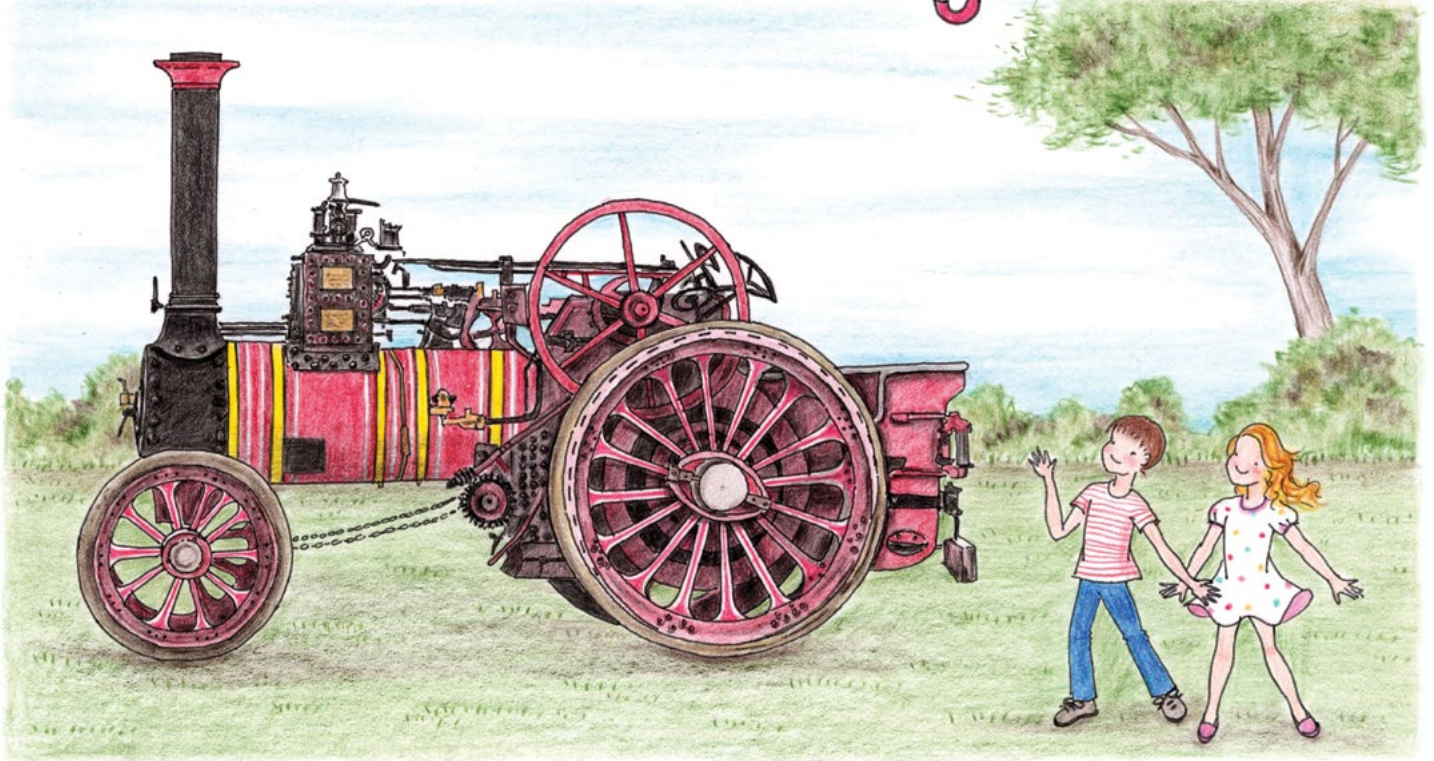


places in



Suffolk.

Museum of East Anglian Life

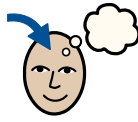


Alex



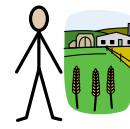
and

Rosie



learnt

about



rural life



in the past.



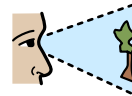
Alex



was

excited

to

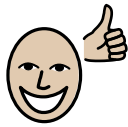


see

a



traction engine.

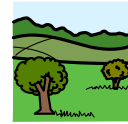
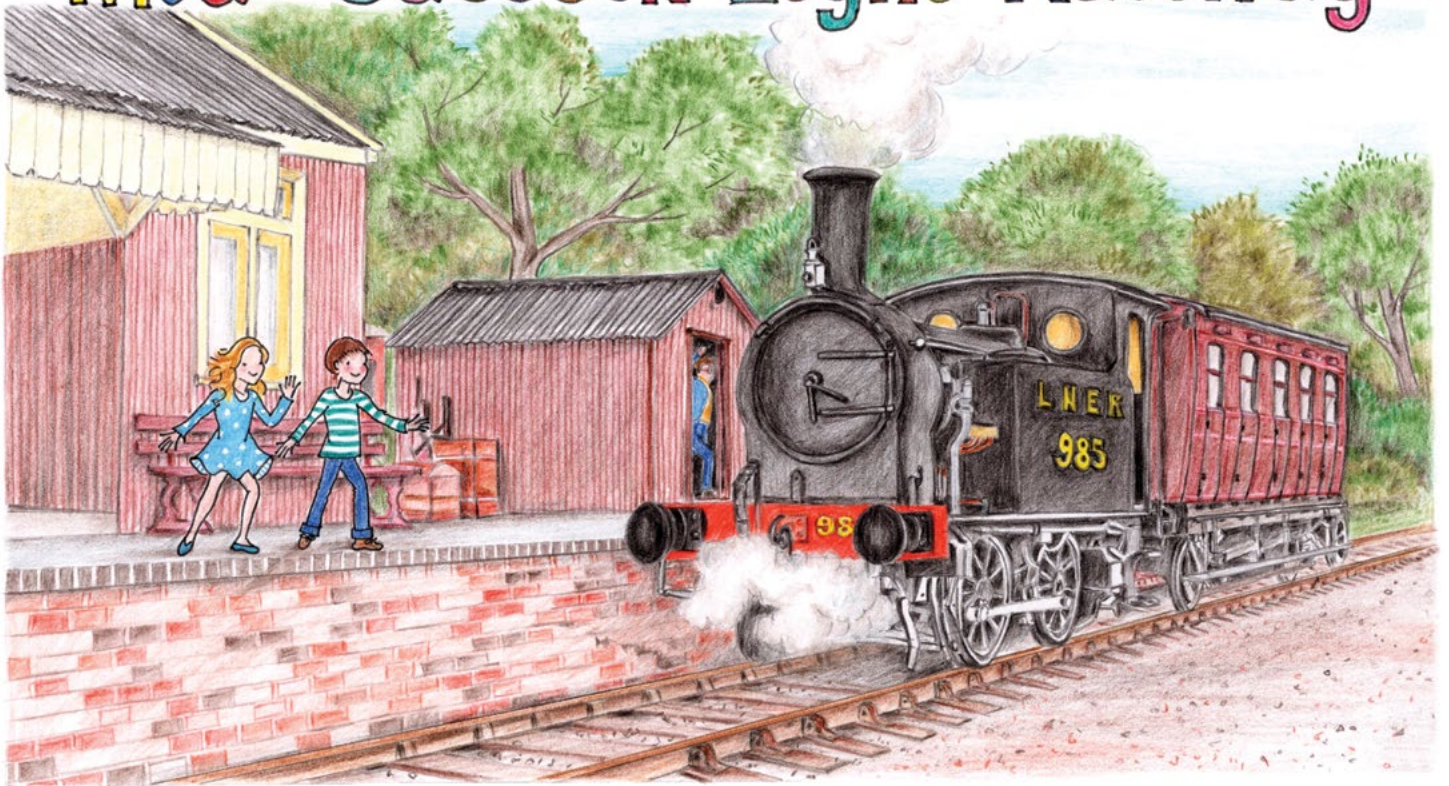


Rosie enjoyed exploring the Victorian kitchen garden.



Apples and pears were grown for the manor house.

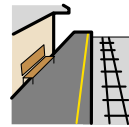
Mid-Suffolk Light Railway



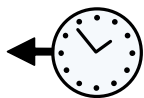
Brockford Station is in the countryside.



Alex and Rosie were excited to ride on the steam train.

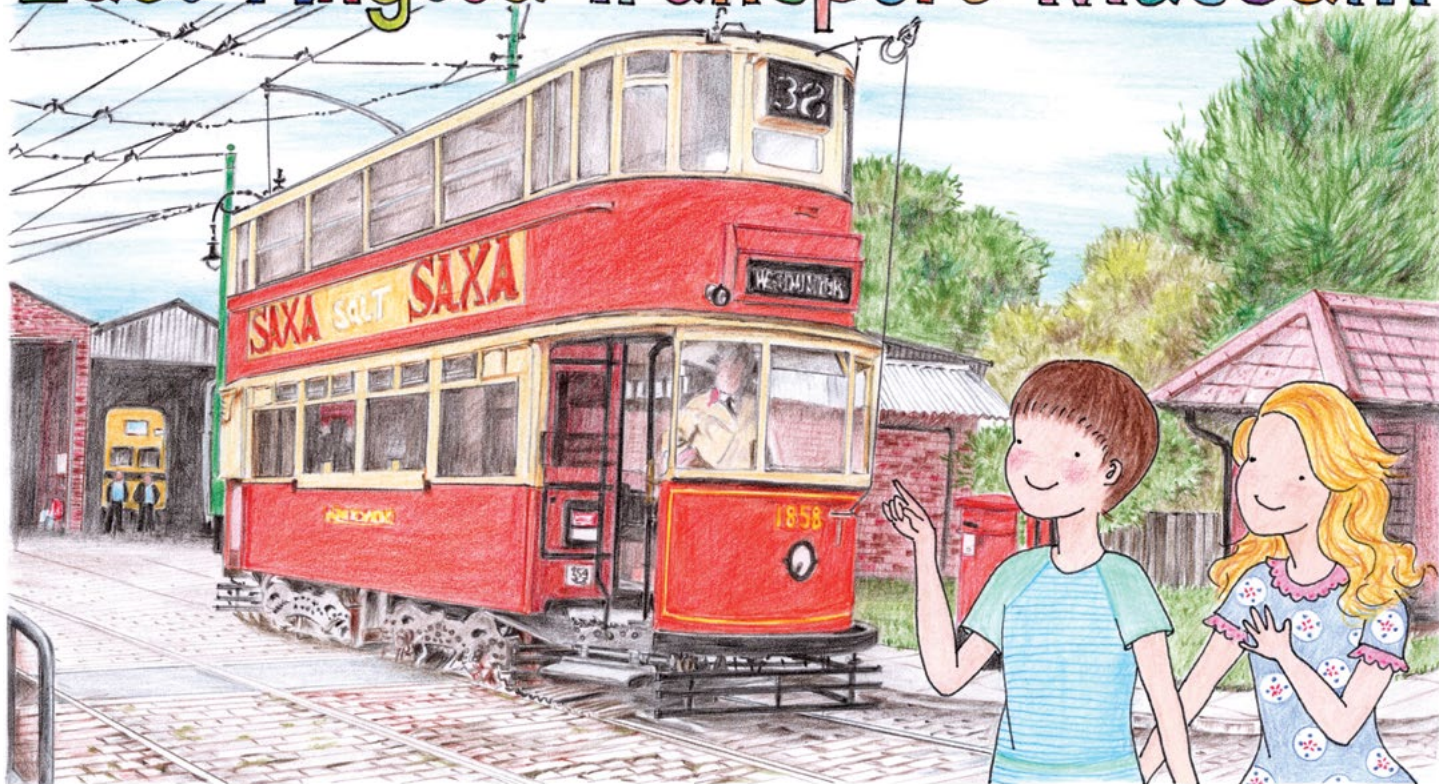


There were old milk churns on the platform.

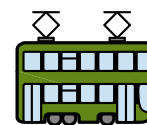
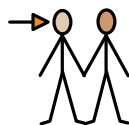


These used to carry milk from farms to local dairies.

East Anglia Transport Museum



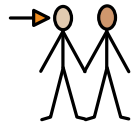
Alex and Rosie were excited to visit the museum.



They enjoyed a ride on the tram.



Later,



they

had a



ride

on the



trolley bus.



The trolley bus and the

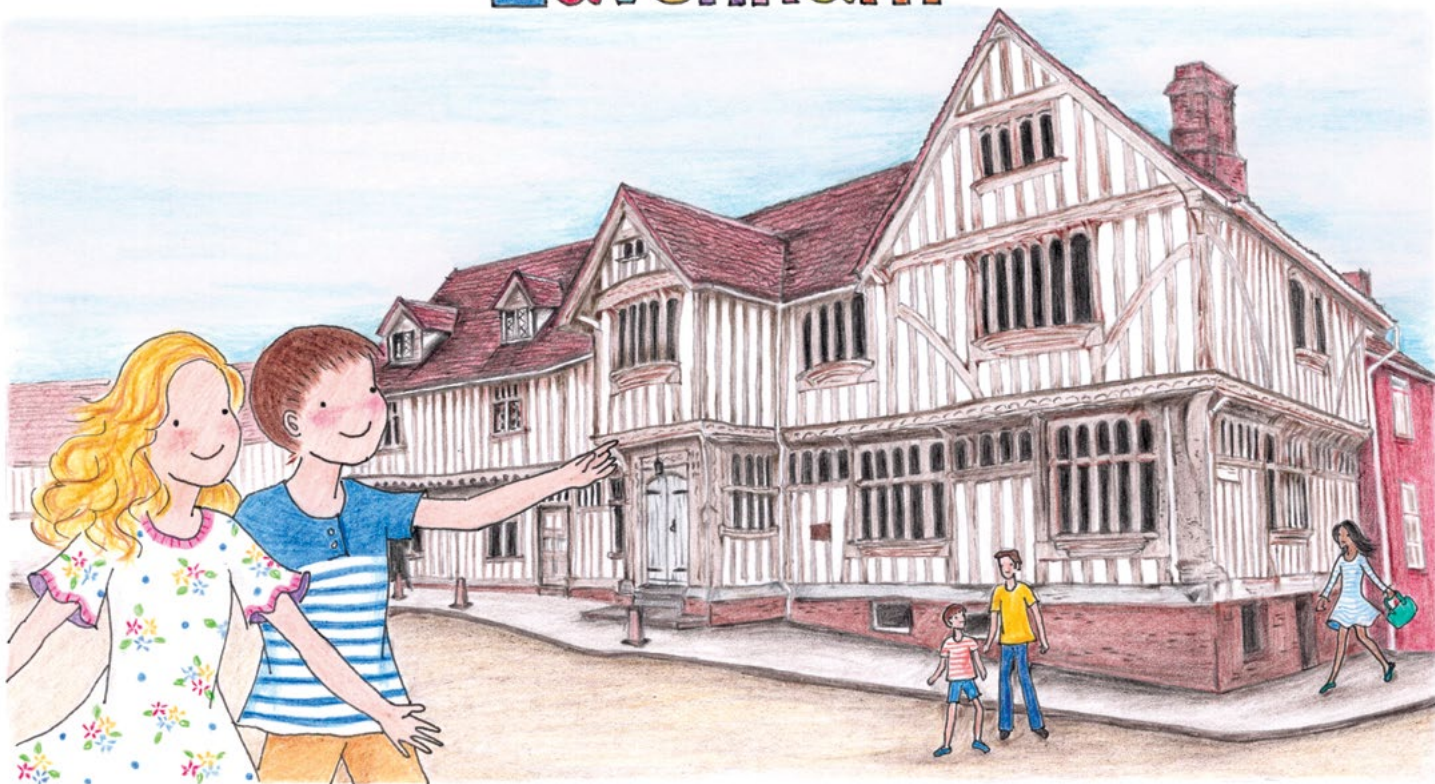


tram

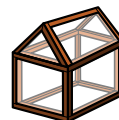
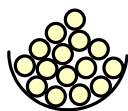
are powered by electricity.



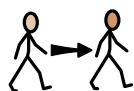
Lavenham



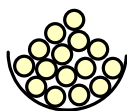
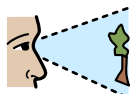
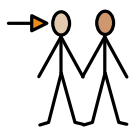
Lavenham is an historic wool town in Suffolk.



It has many medieval timber-framed houses.



Alex and Rosie followed the Crooked Houses Trail.



They

saw

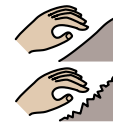
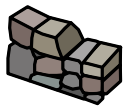
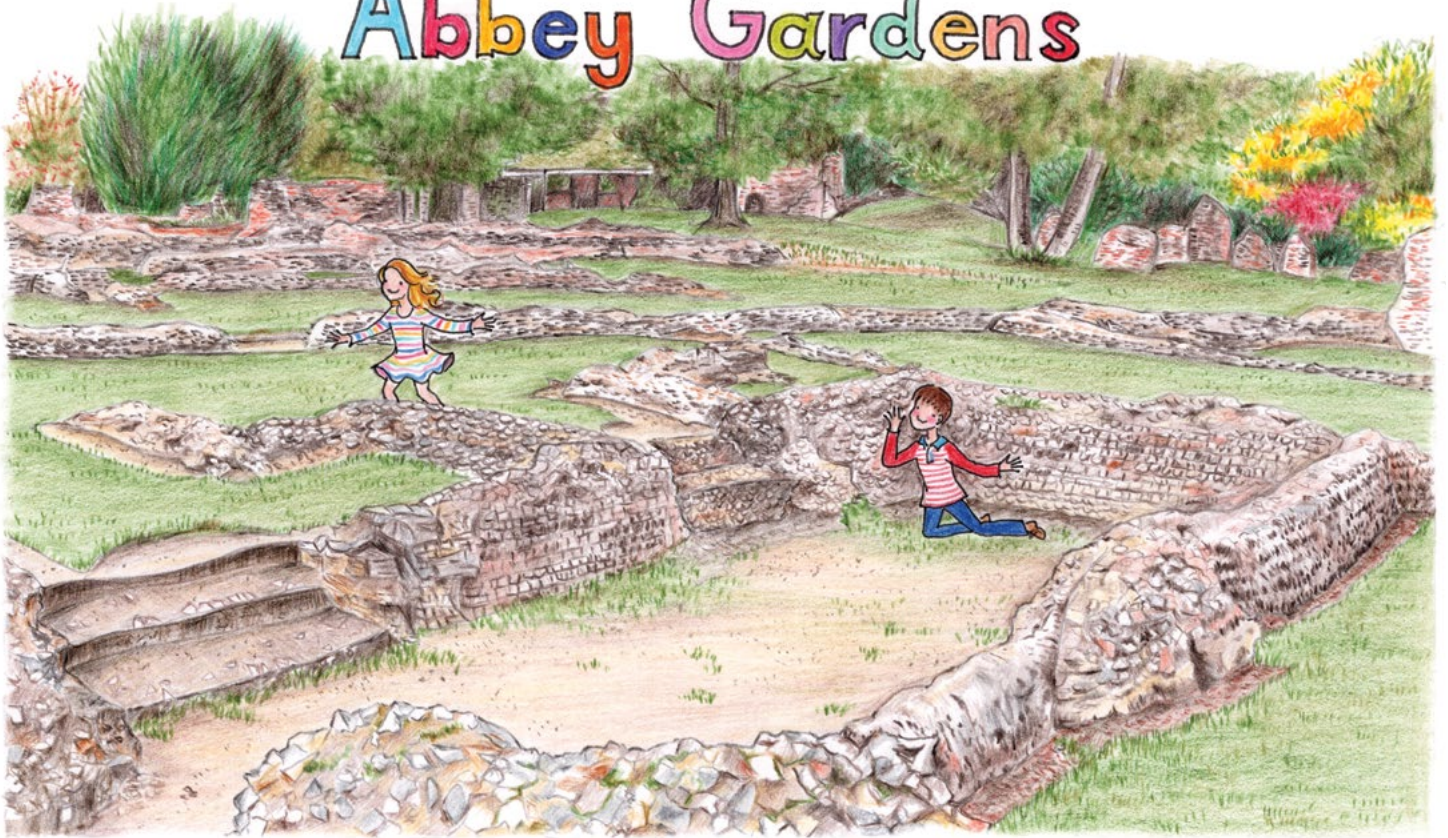
many

colourful

old

houses.

Abbey Gardens



The walls of the Abbey ruins had a rough texture.



Alex

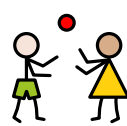


and

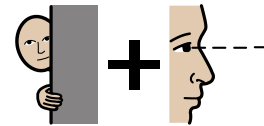
Rosie



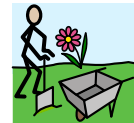
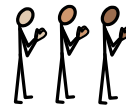
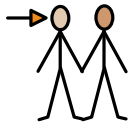
enjoyed



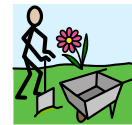
playing



hide-and-seek.

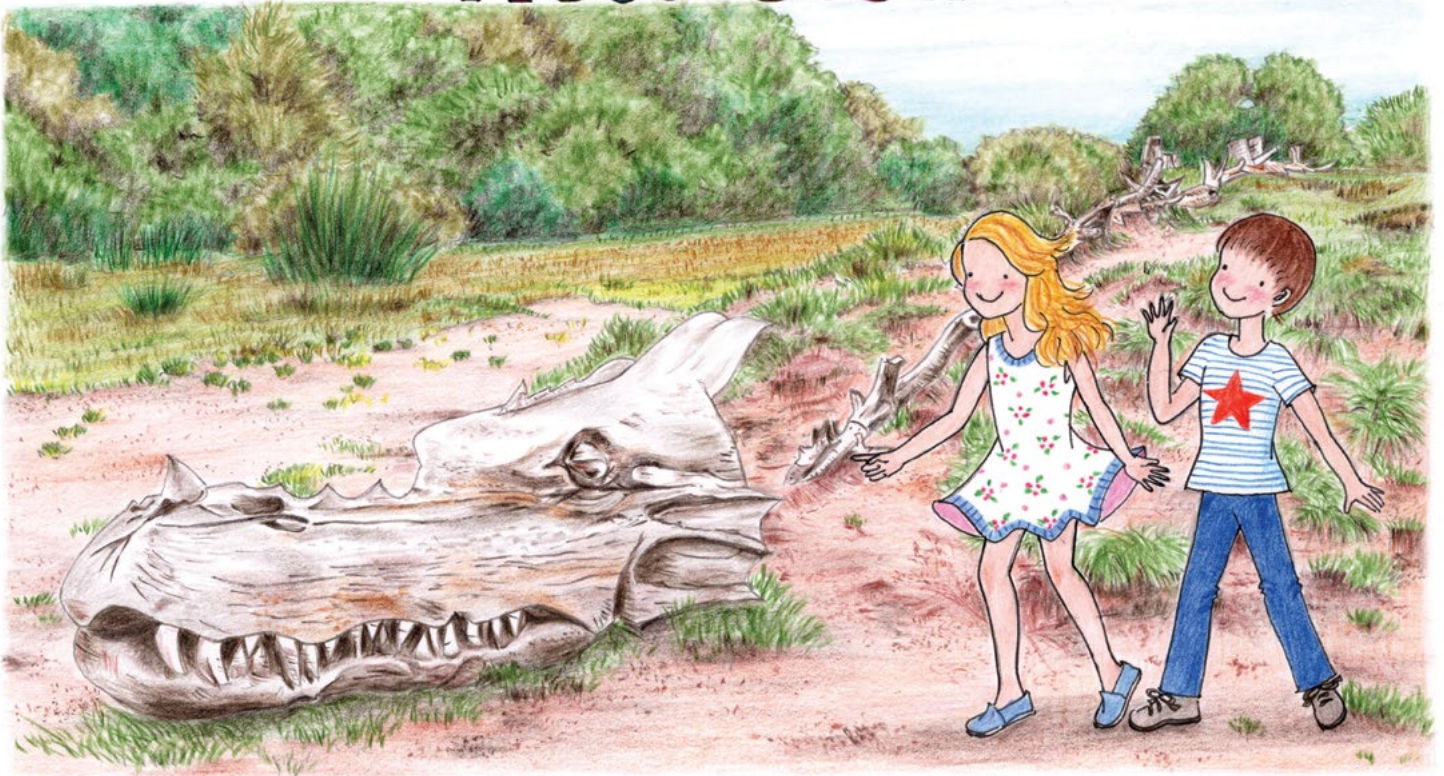


Later, they walked round the Pilgrim Herb Garden.



The monks grew medicinal plants in the garden.

West Stow



Alex



Rosie



walked



country park.



They discovered a wooden dragon on the Beowulf trail.



Alex



and

Rosie



loved



the

Anglo-Saxon



village.

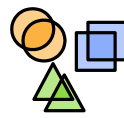


They explored

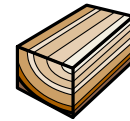


the

different



types

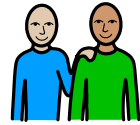
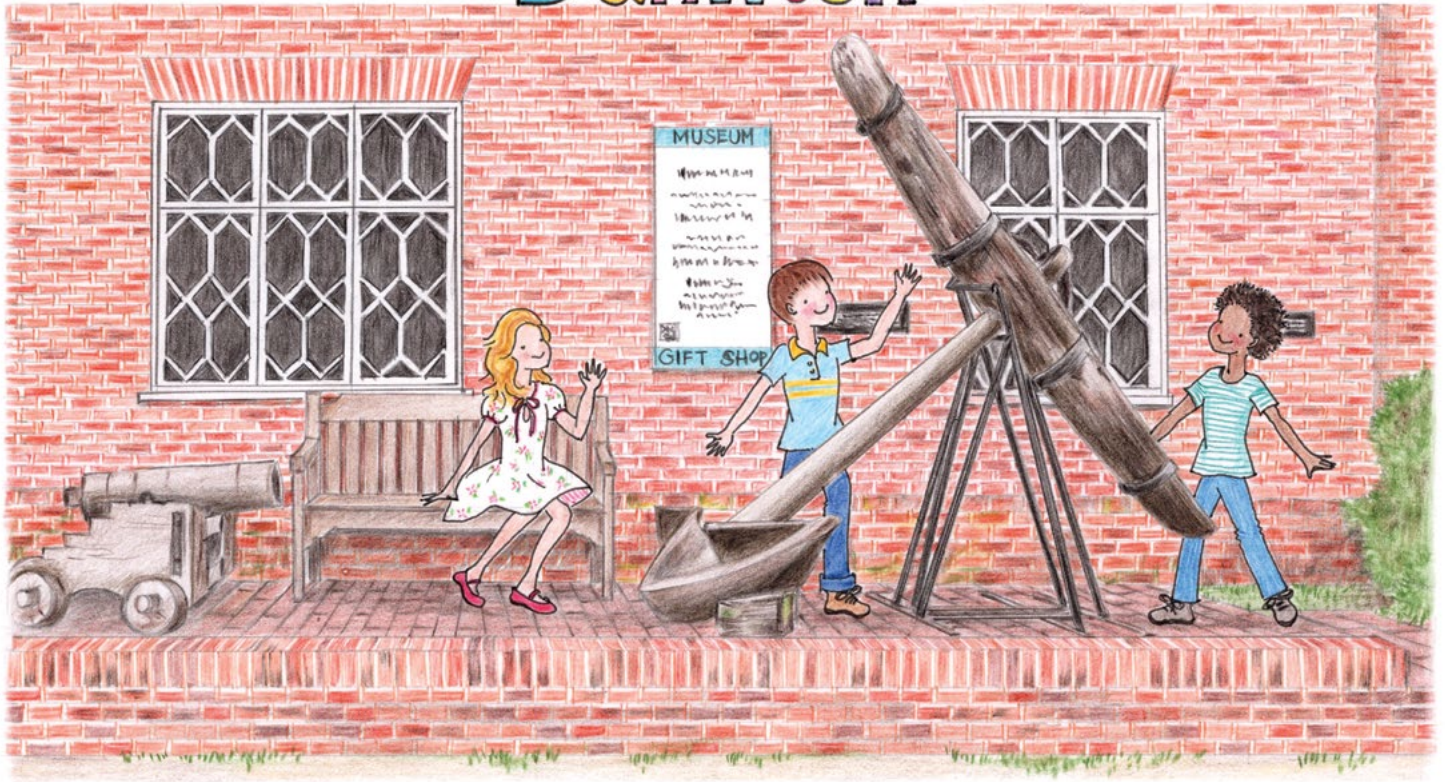


of wooden

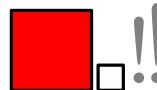
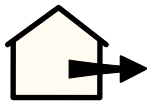


houses.

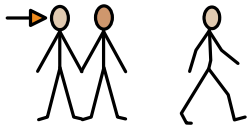
Dunwich



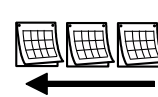
Alex and Rosie visited the museum with their friend.



Outside the museum was a huge anchor!



Later, they walked to the ruins of Greyfriars Monastery.



The Monastery was once part of the old village.

Southwold Museum



A long time ago, Rhinoceros lived in Suffolk.



The museum has a fossil Rhinoceros bone you can touch!

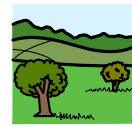
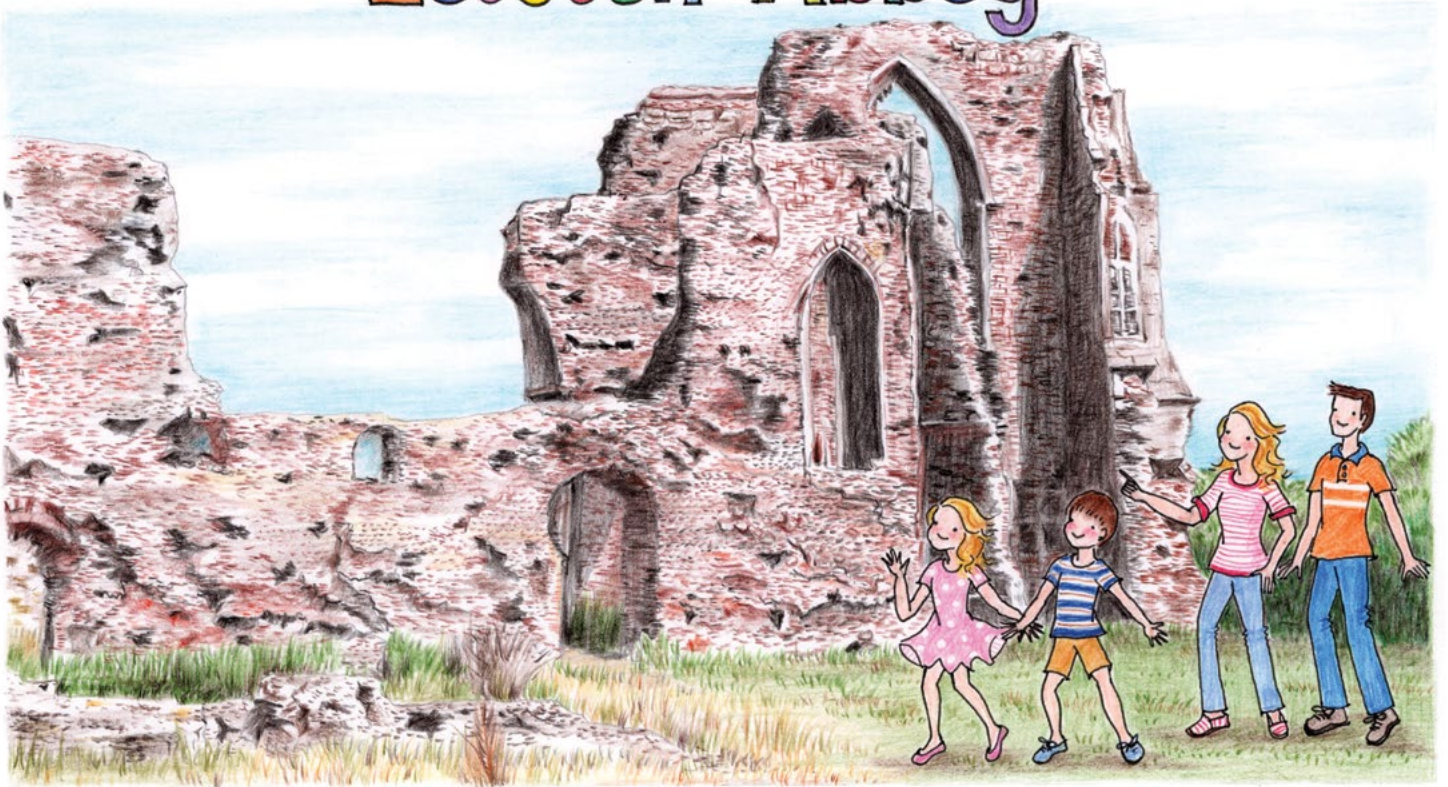


Mammoths also lived in Suffolk a long time ago.



The museum has a fossil Mammoth tooth to touch!

Leiston Abbey



The ruins of the Abbey are in the Suffolk countryside.



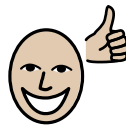
It is a peaceful place, with the sound of birds singing.



Alex



Rosie



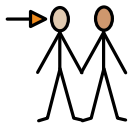
enjoyed



a delicious



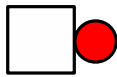
picnic.



They



sat



next to



the



ruins



of the Abbey.

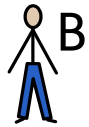
The Red House



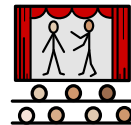
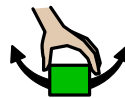
The Red House was home to composer Benjamin Britten.



Alex and Rosie walked round the Red House and gardens.

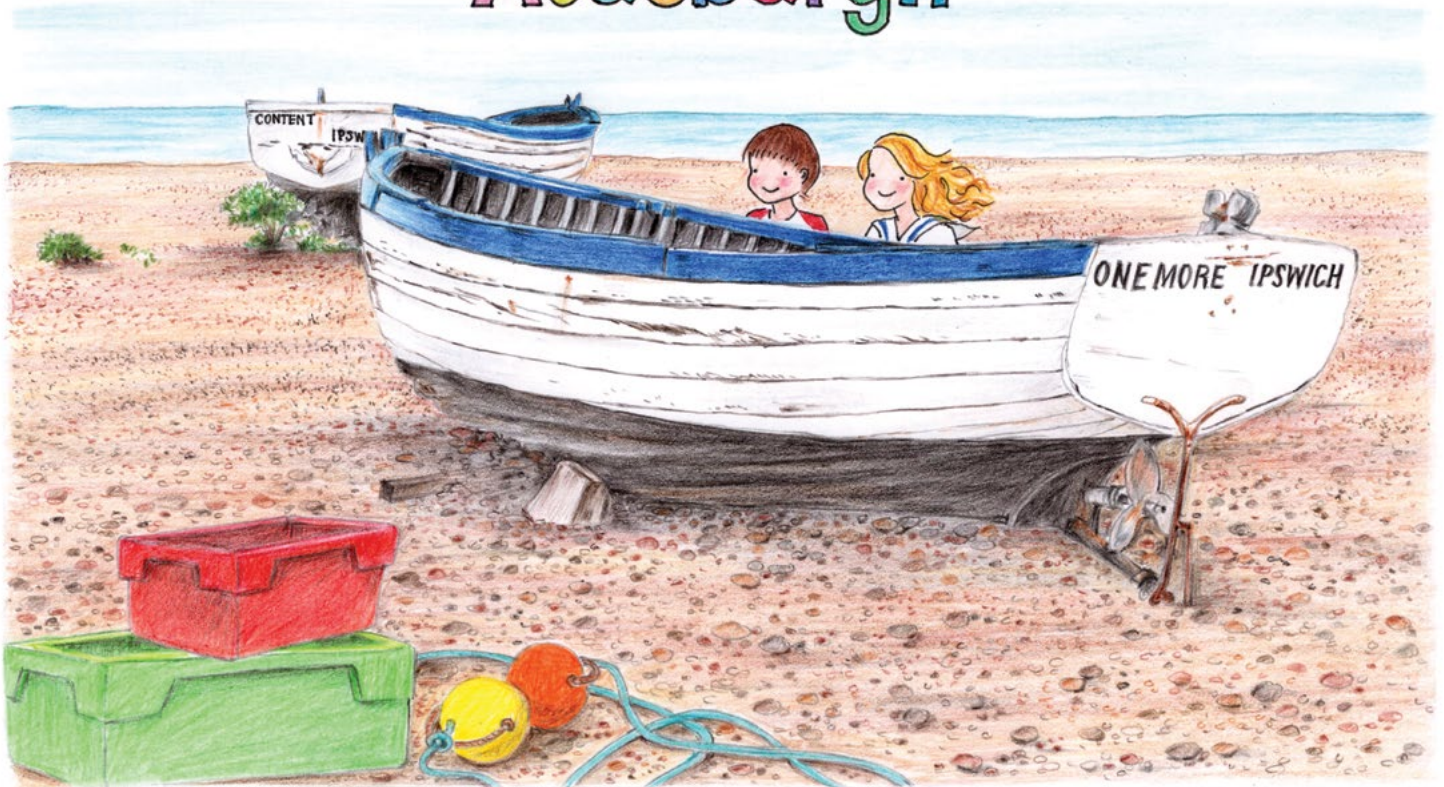


Benjamin wrote an opera for children about Noah's ark.

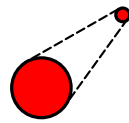


Children can wear headdresses used in the performance.

Aldeburgh



Aldeburgh was once a



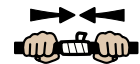
remote



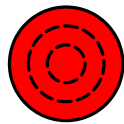
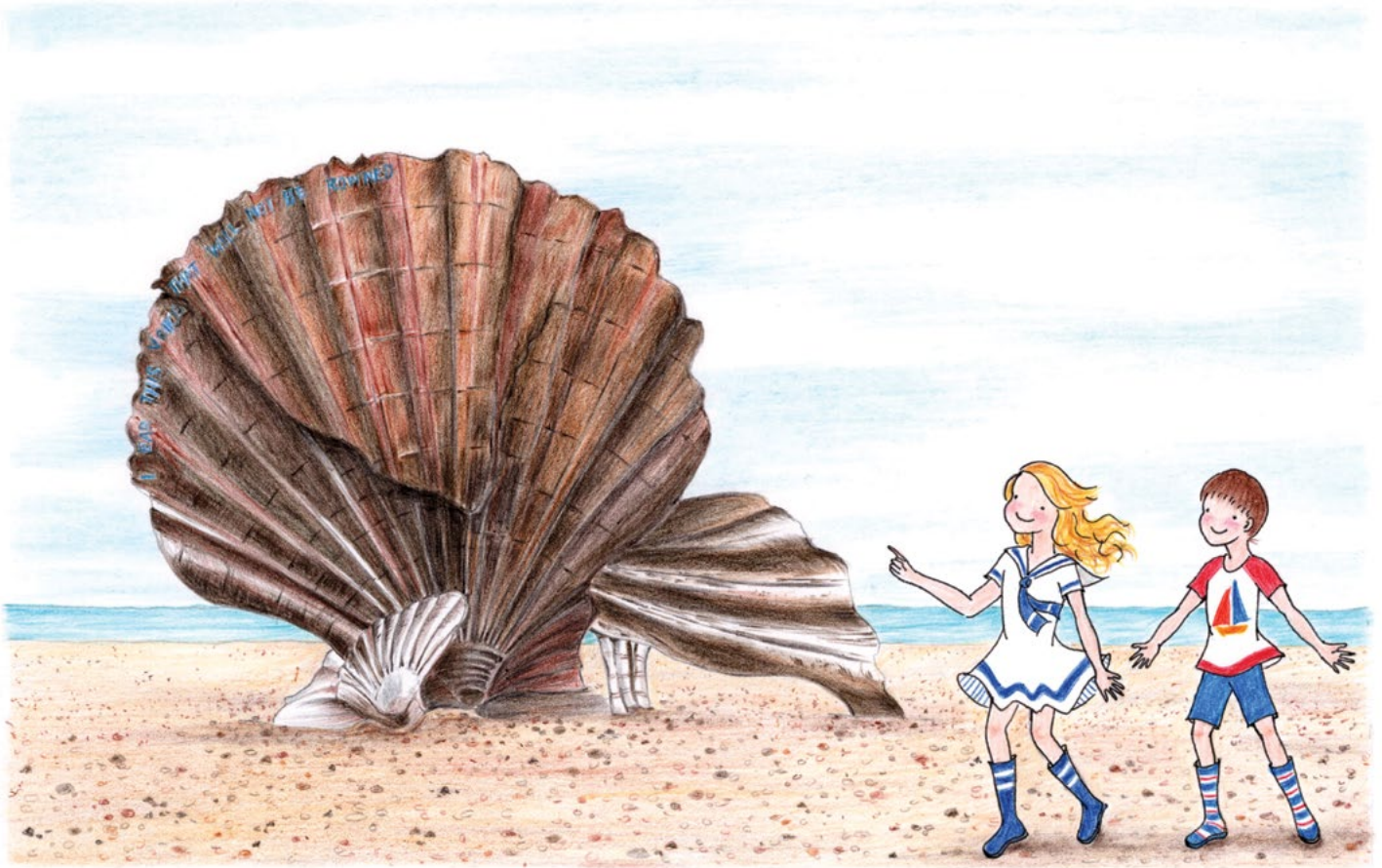
fishing



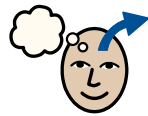
village.



Old wooden fishing boats have been painted and restored.



There is also a large sculpture of a scallop on the beach.



The sculpture is a memorial to composer Benjamin Britten.

Sutton Hoo



Alex

and



Rosie

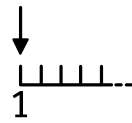


visited

the



museum



first.



They

enjoyed



dressing up

in



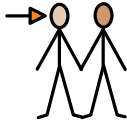
Anglo-Saxon



clothes.



Later,



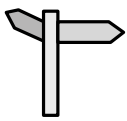
they



walked to the



Anglo-Saxon burial mounds.



This is

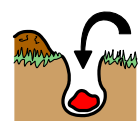
where



archaeologists



found



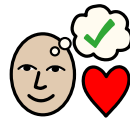
a

buried



ship.

Tide Mill Living Museum



The Tide Mill is a very interesting place to visit.



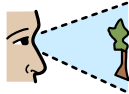
The power of the tide turns the waterwheels.



Alex



and Rosie



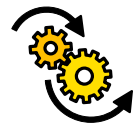
saw



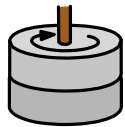
the Tide



Mill



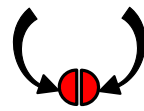
working.



Millstones grind



grain

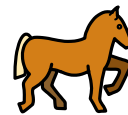
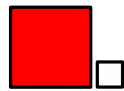
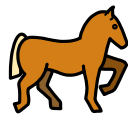
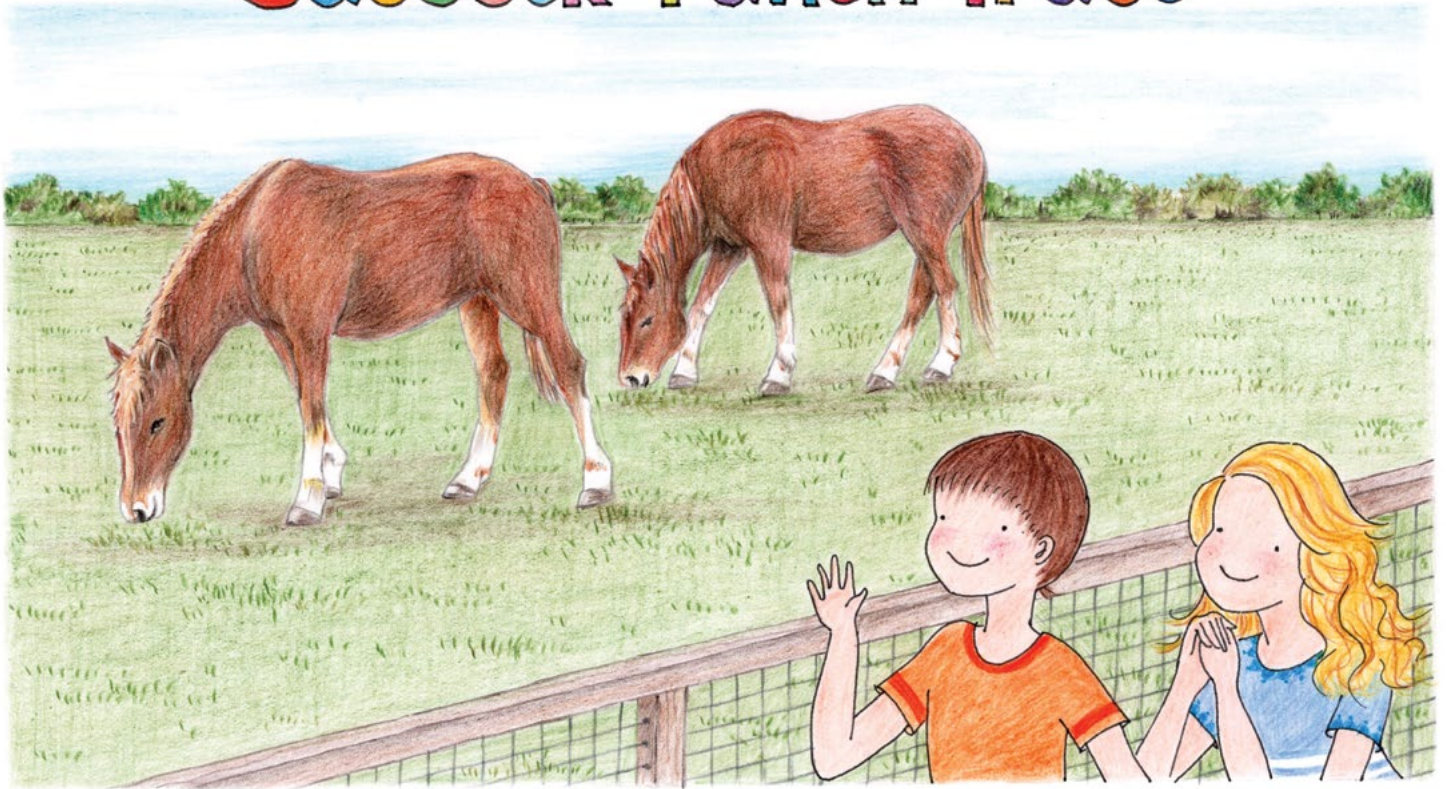


to produce

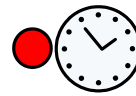


flour.

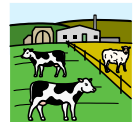
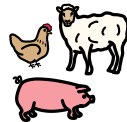
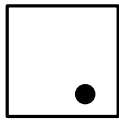
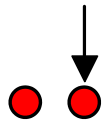
Suffolk Punch Trust



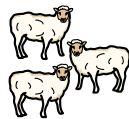
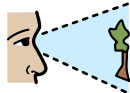
The Suffolk Punch is a large working horse.



The horses were used on Suffolk farms before tractors.

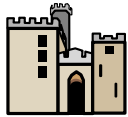


There are other rare farm animals on the farm.



Alex and Rosie saw a flock of Suffolk Sheep.

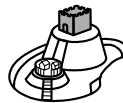
Orford Castle



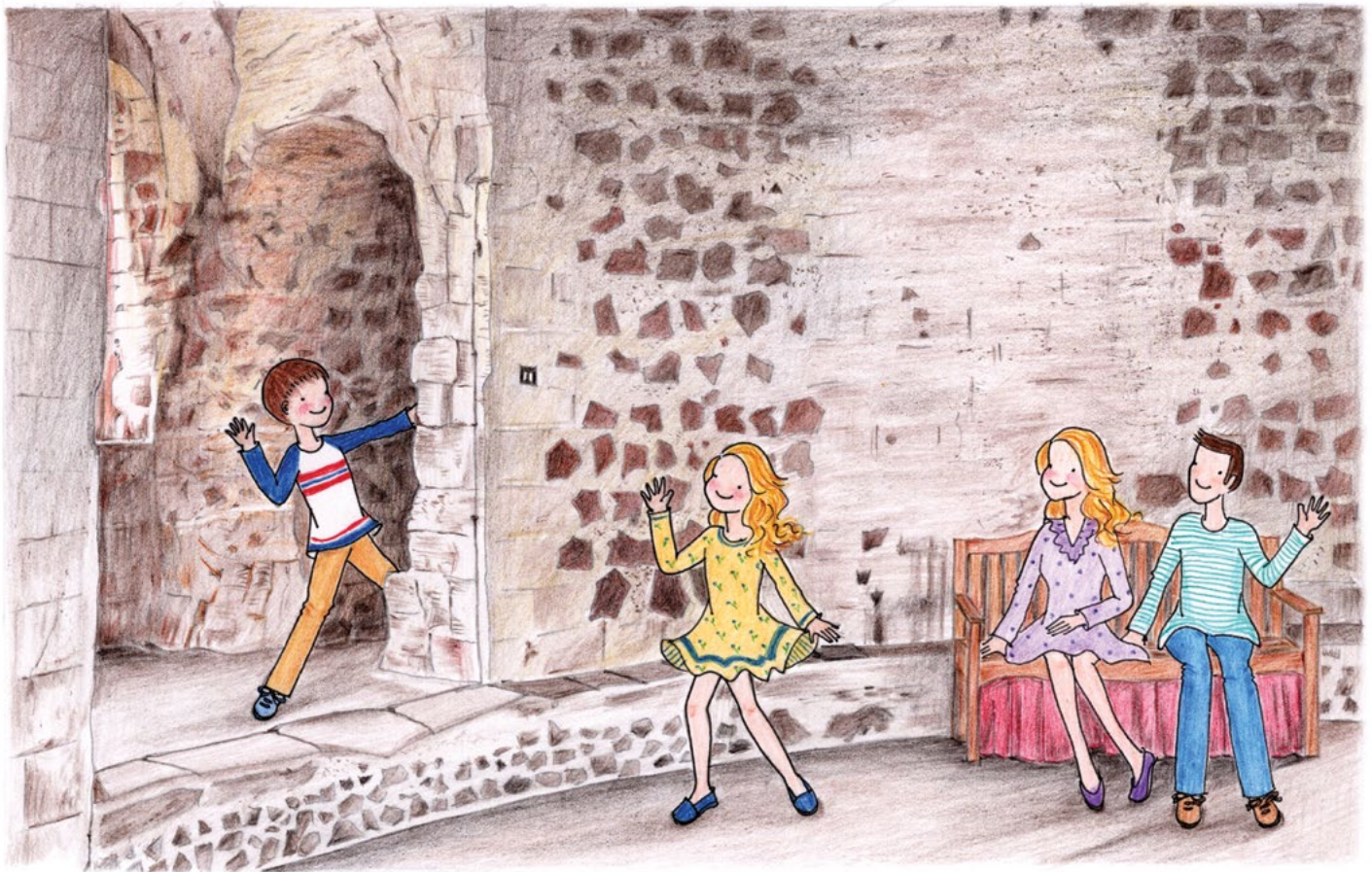
800



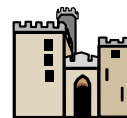
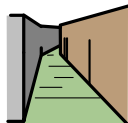
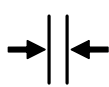
Orford Castle is more than 800 years old.



Alex and Rosie visited the keep, now a museum.



It was exciting to climb the spiral stone staircases...



And explore the narrow passages in the castle walls.

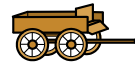
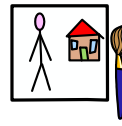
Flatford



John Constable was a famous 19th century artist.



Willy Lott's cottage was in his painting 'The Hay Wain'.





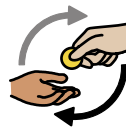
Alex



and Rosie's



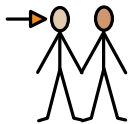
family



hired



a rowing boat.



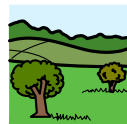
They



explored



the Flatford countryside



from the



river.

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

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