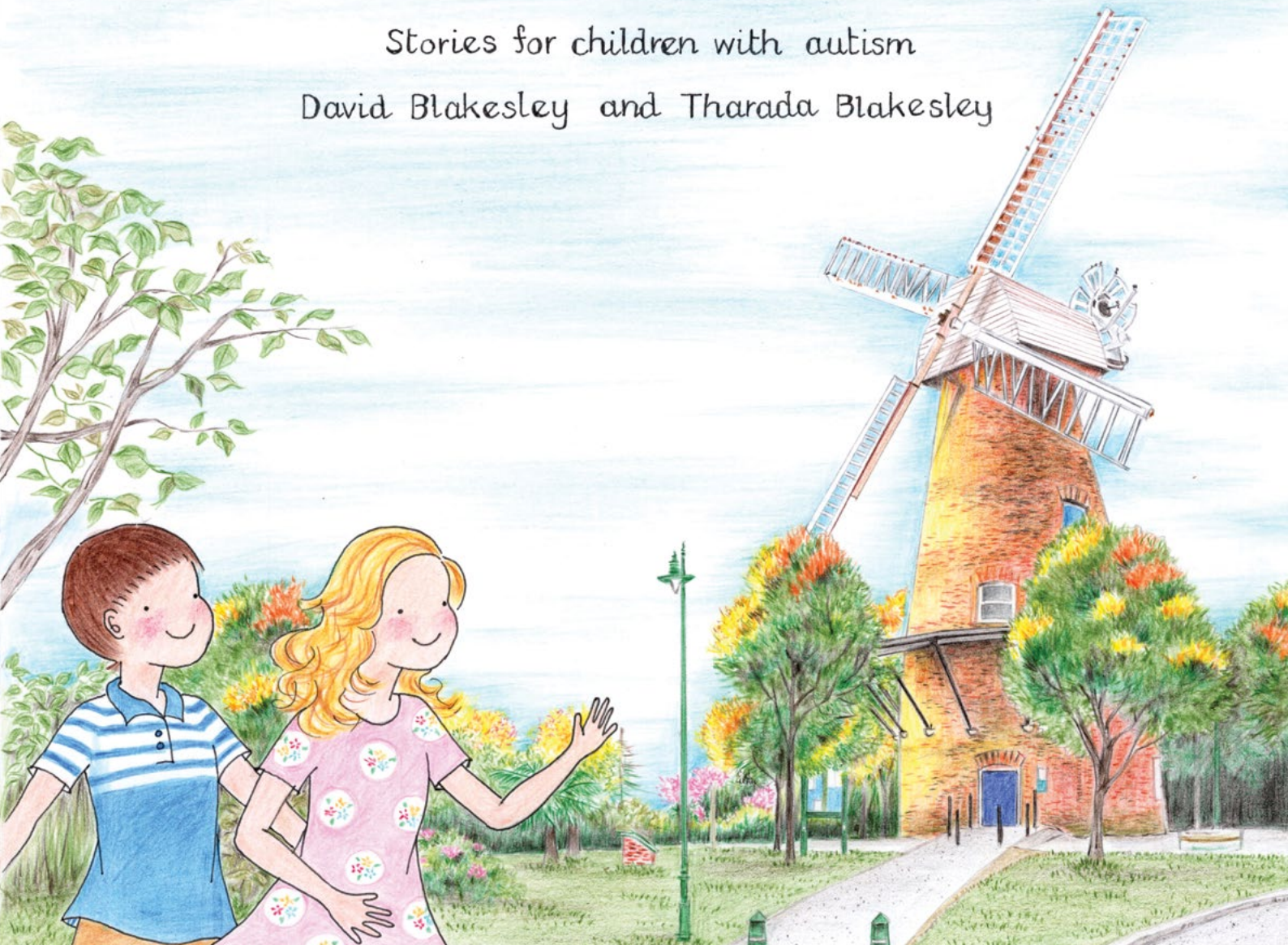


Alex and Rosie

Explore Essex's Heritage

Stories for children with autism
David Blakesley and Tharada Blakesley



Alex and Rosie

Explore Essex'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 Essex's Heritage' has been written to complement our guide 'Exploring Essex's heritage: a guide for parents, carers 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 special educational needs and disabilities, 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 has been generously funded by: the Alan and Fay Cherry Fund and RSM Community Fund managed by Essex Community Foundation; the Eastern Counties Educational Trust Limited; Fowler Smith and Jones Trust; the Nineveh Charitable Trust; and Essex County Council Short Breaks for Disabled Children and Young People, who are also helping with distribution. We would like to thank Guillaume Duclaud-Williams (Widgit Software) for his valuable advice on symbolising the text and Jo Mason for her continued support of our work. Finally, we would like to thank Tone Blakesley for the layout of the book.



Hello
My name is Rosie

Hello
My name is Alex



Alex



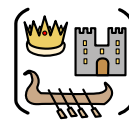
and Rosie



enjoy



visiting



heritage



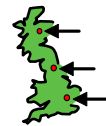
places.



This is a story



about their favourite



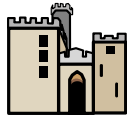
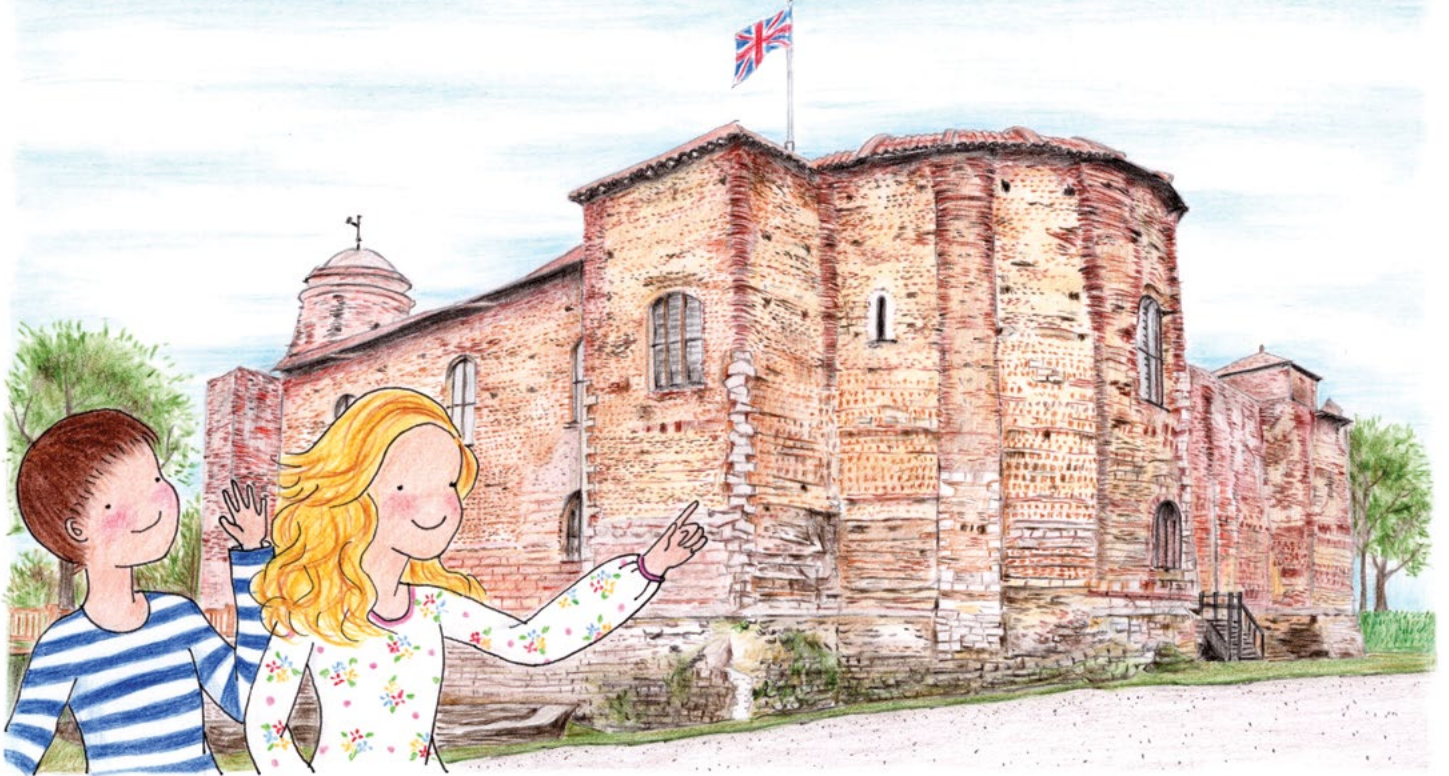
places in



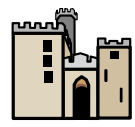
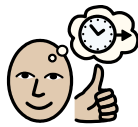
Essex.

E

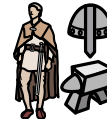
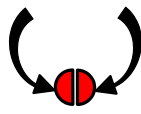
Colchester Castle



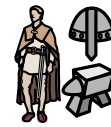
Colchester Castle is very impressive!



Alex and Rosie looked forward to exploring the castle.



The castle staff made an Iron Age roundhouse.



Alex and Rosie enjoyed dressing up in Iron Age clothes.

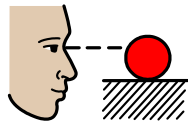
Rayleigh Windmill



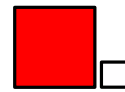
Alex



Rosie



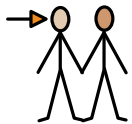
looked at



large



sails.



They



were

excited



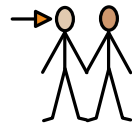
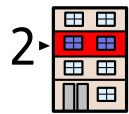
to go



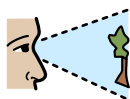
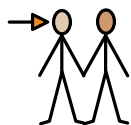
inside



the windmill.

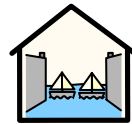
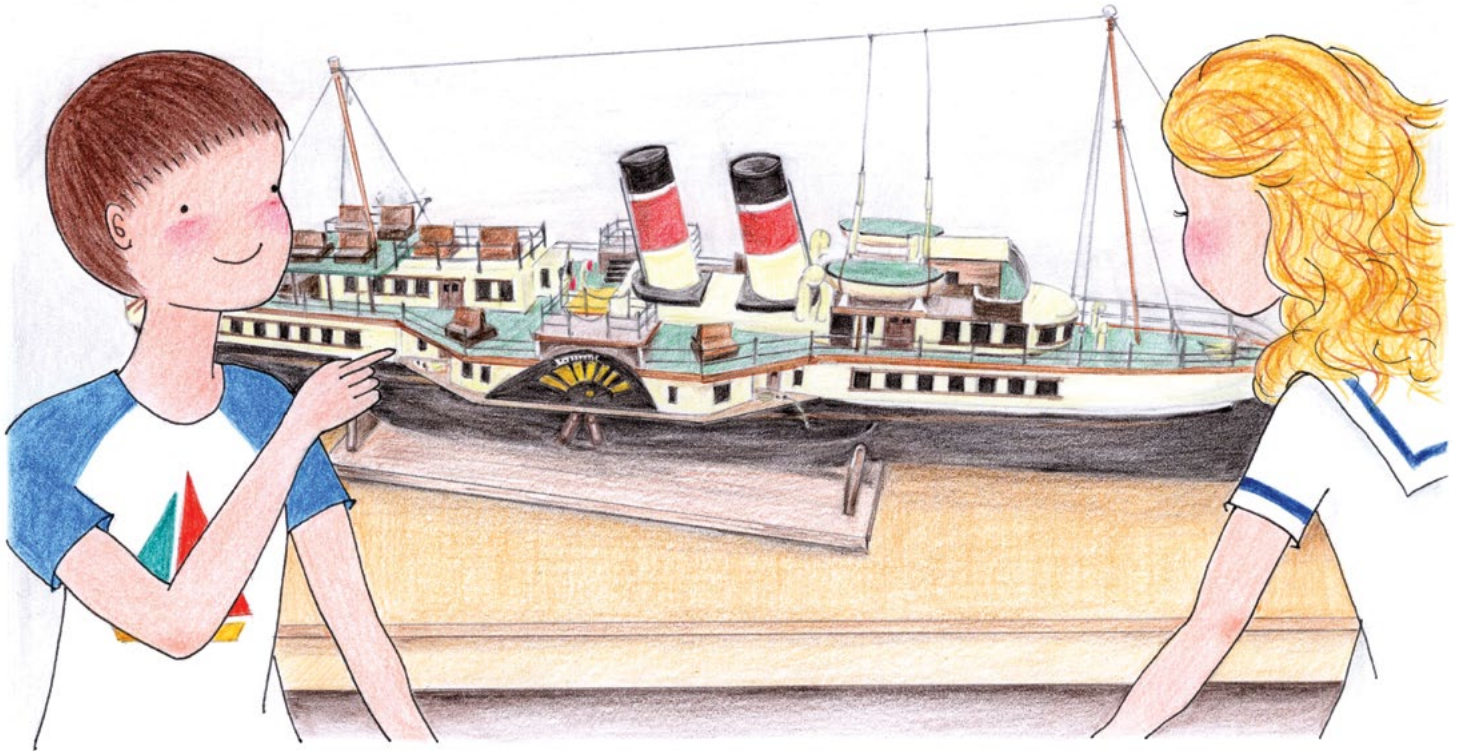


On the second floor they found a small exhibition.

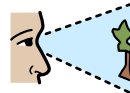


They saw the miller's desk and a sack of grain.

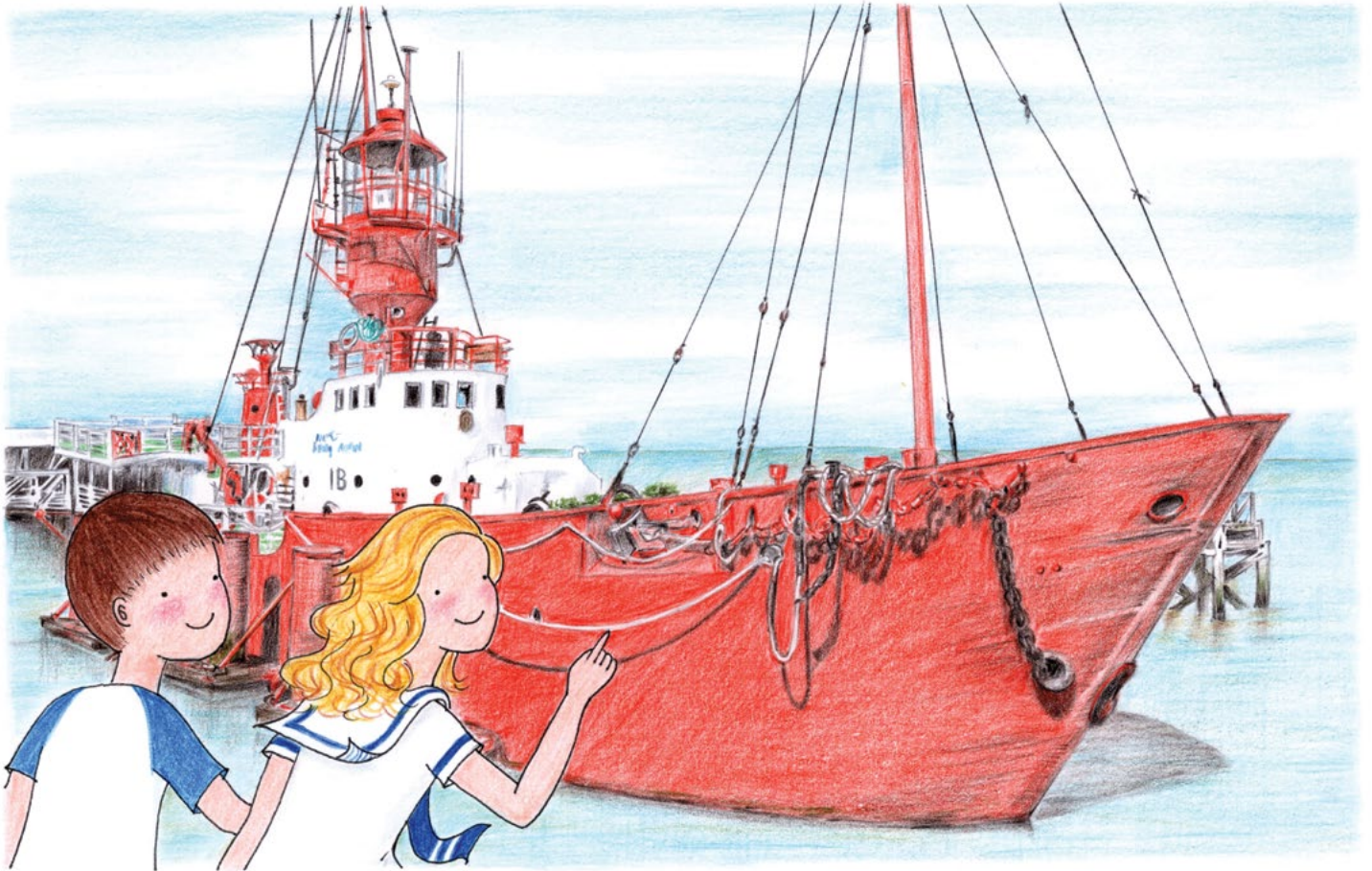
Harwich



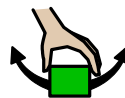
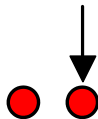
The model ships in the Maritime Museum were amazing.



Alex and Rosie wanted to see some real ships!

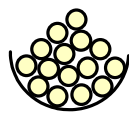


It was exciting to go aboard the LV18 lightship.

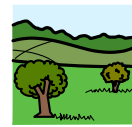


In the past, another lightship was used for pirate radio!

Saffron Walden



There were a lot of vegetables in the local market.



Some vegetables were grown in the Essex countryside.



Later,



Alex



and Rosie



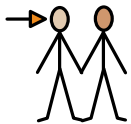
visited



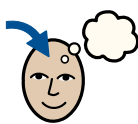
the local



museum.



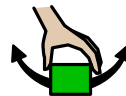
They



learnt



about archaeology

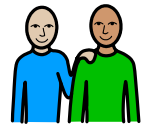
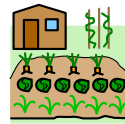


using

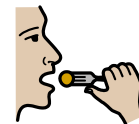
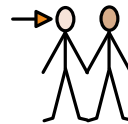
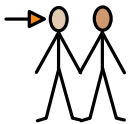


the sand tray.

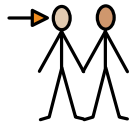
Audley End House and Garden



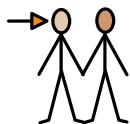
Alex and Rosie explored the kitchen garden with their friend.



They found fruit and vegetables that they eat at home.

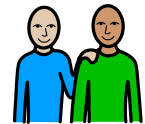


In the mansion they found a Victorian nursery.

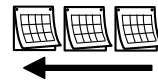
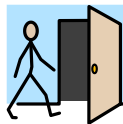
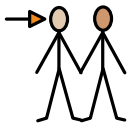


They enjoyed playing on the rocking horse.

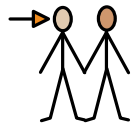
East Anglian Railway Museum



Alex and Rosie visited the Museum with their friend.



They were excited to go into the old signal box.

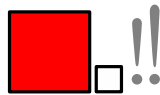


They loved the signal box!



Children are allowed to pull the coloured levers.

Grange Barn



800



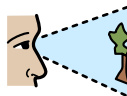
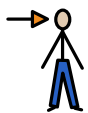
Grange Barn is enormous! It is 800 years old.



The barn was used to thresh and store sheaves of wheat.



Alex likes to make things with wood.



He was amazed to see the woodcarver's tools.

Crossing Temple Barns



Alex

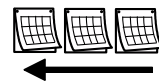


and Rosie



explored

the



old



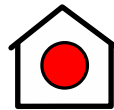
barns.



There is a Blacksmith's



Forge



inside

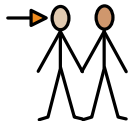
one of the



barns.



Later,



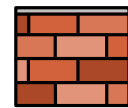
they



explored



the Tudor



Walled



Garden.



Rosie liked the



smell



of lavender,



Alex



preferred

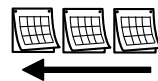


sage.

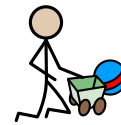
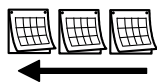
Chelmsford Museum



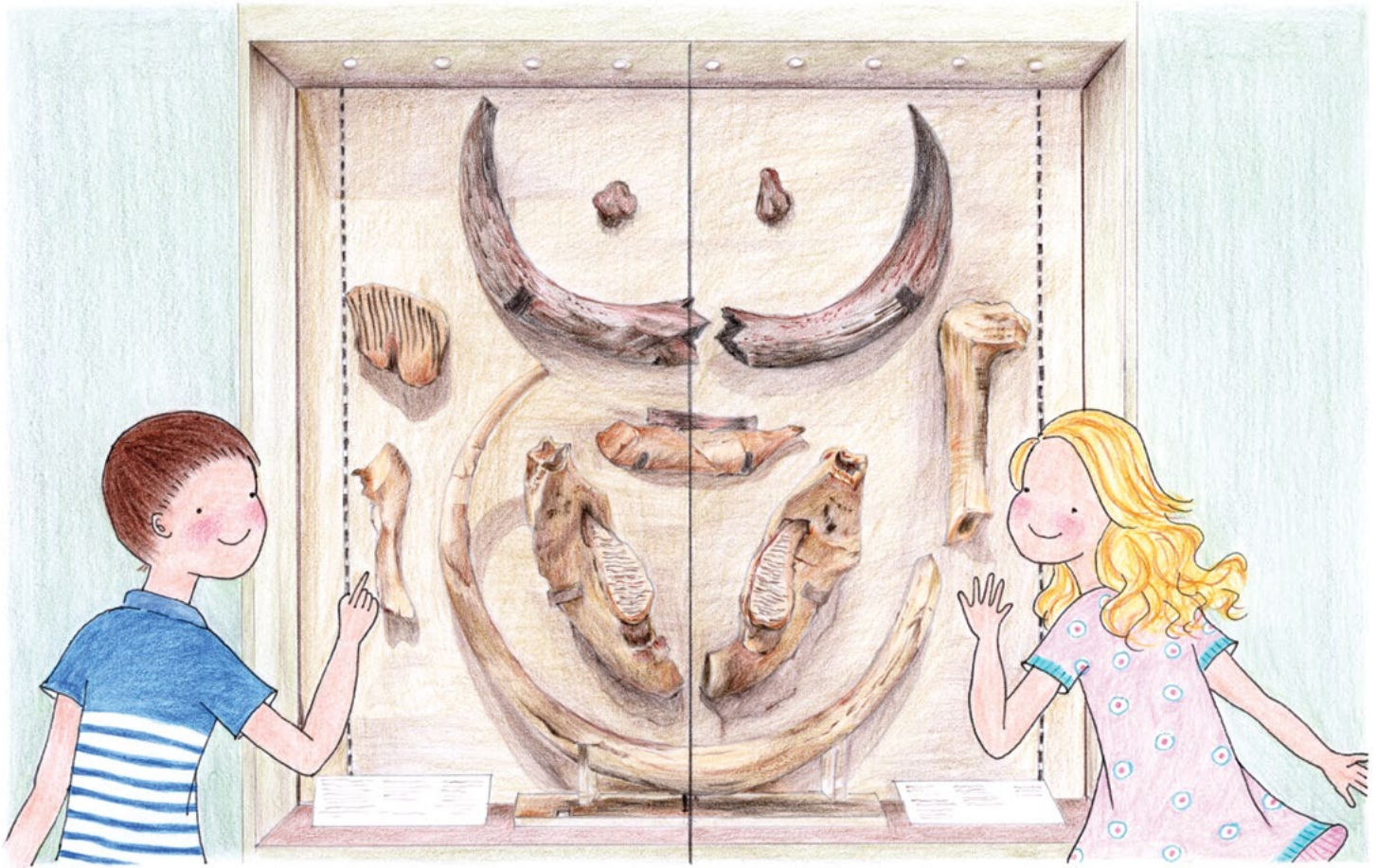
=



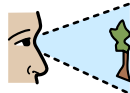
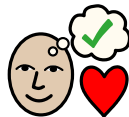
The toy gallery is like an old toy shop.



There are old wooden toys to play with.

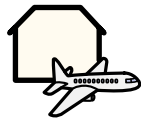


In the geology gallery a poster says 'Essex Rocks'!

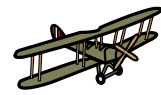
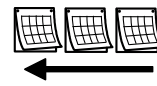
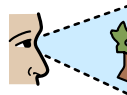


Alex was fascinated to see a mammoth's tusk.

Stow Maries Aerodrome



The aerodrome was built during World War 1.



Alex and Rosie were excited to see old biplanes.



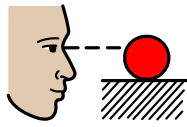
Alex



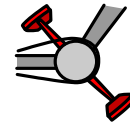
and Rosie



enjoyed



looking at

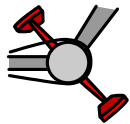


the



pedal

biplanes.



The

pedal



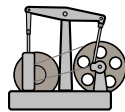
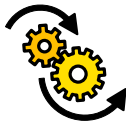
biplanes

are for

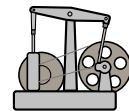


younger children.

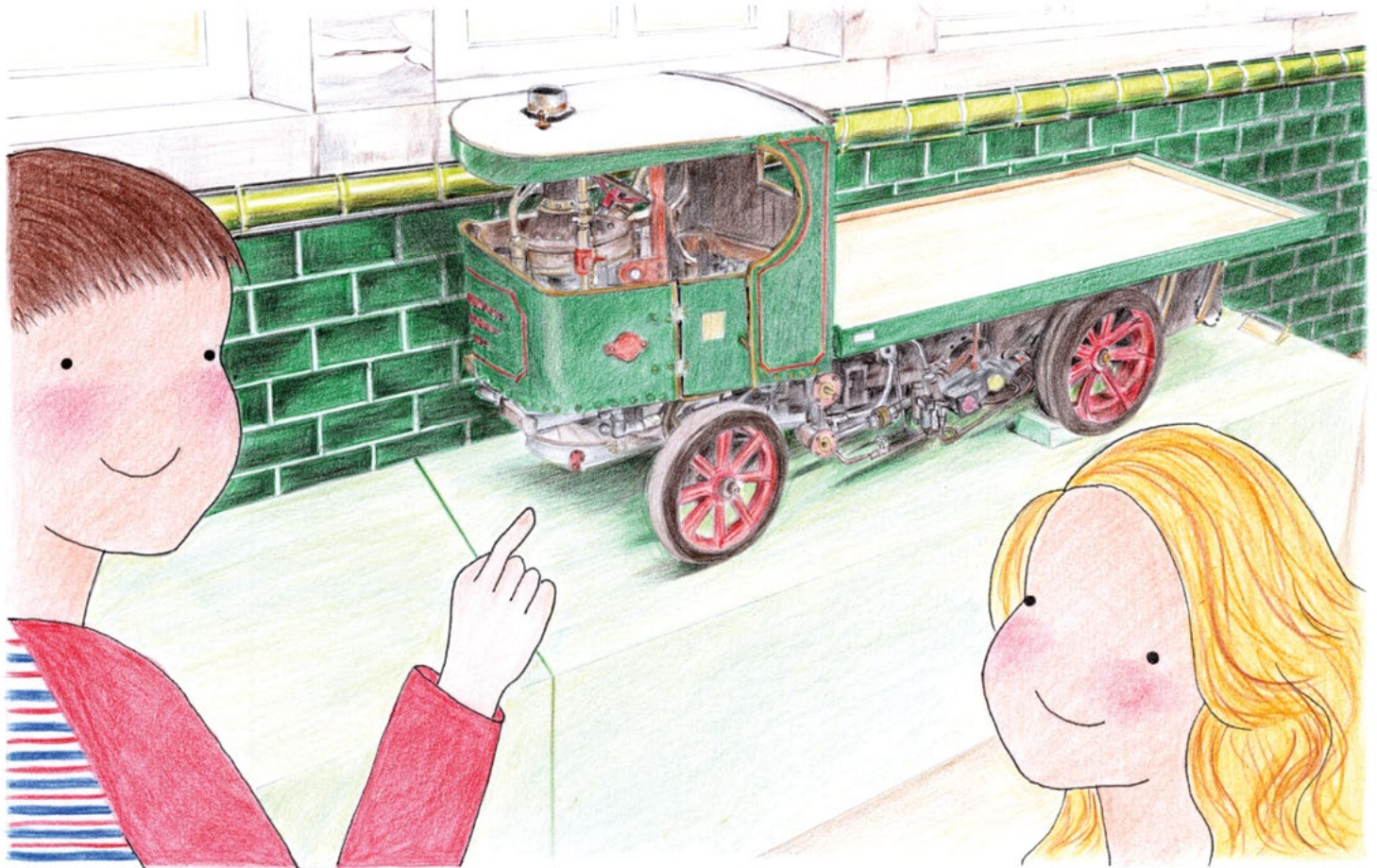
Museum of Power



There are working steam engines at the Museum of Power.



Some children like the sound and smell of steam engines.



Alex



Rosie



liked



the model



steam lorry.



Steam lorries were



used

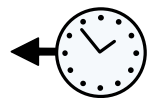


on country roads

100

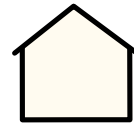
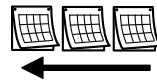


100 years

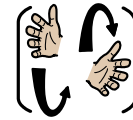
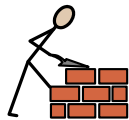


ago.

Prittlevell Priory



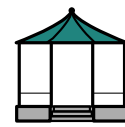
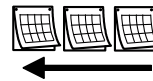
The Priory is one of the oldest buildings in Britain.



It was built by monks who used sign language.

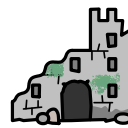
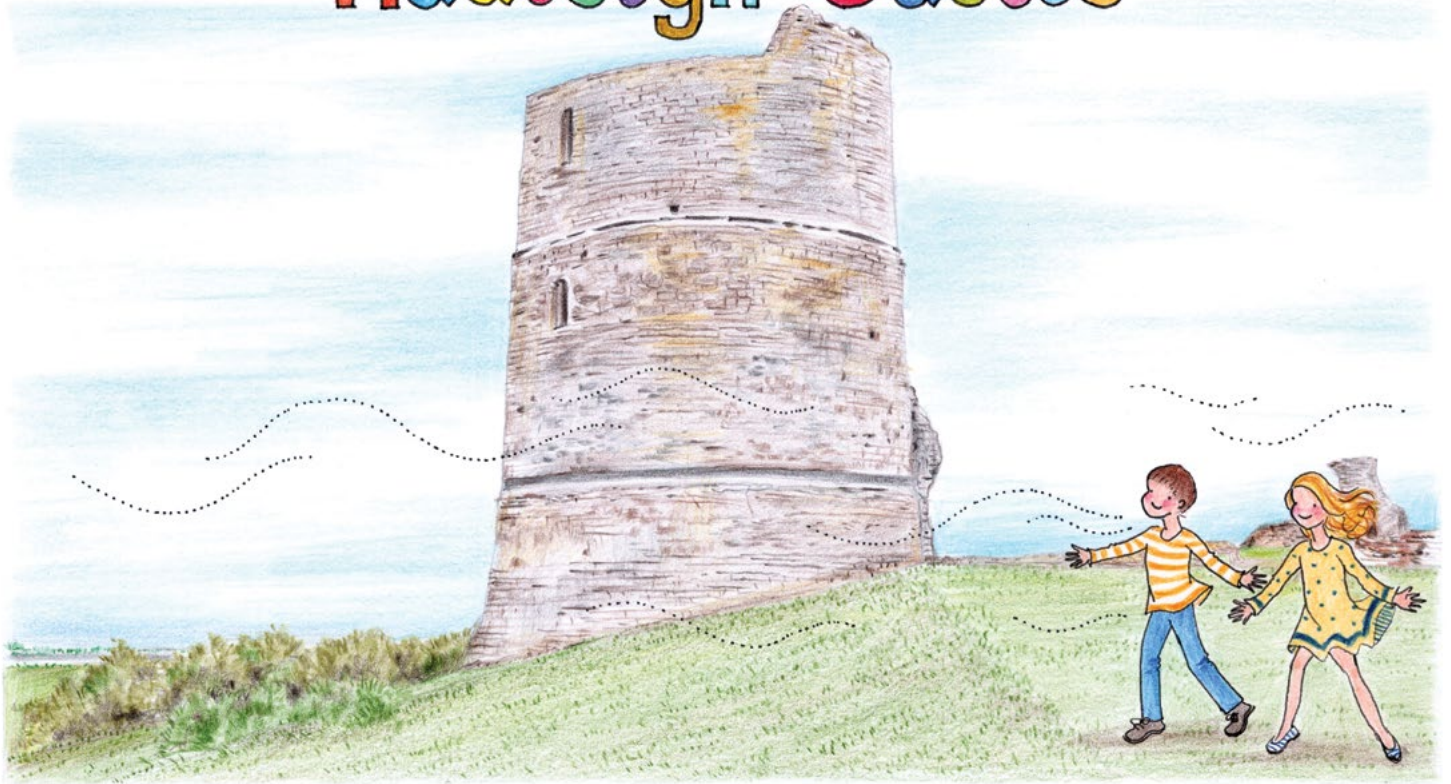


The Priory is in a park.



Alex and Rosie discovered an old band stand!

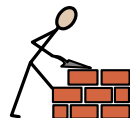
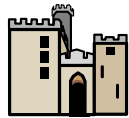
Hadleigh Castle



It was windy at Hadleigh Castle.



Alex was happy to feel the wind on his face.



The castle was built in the 13th century.

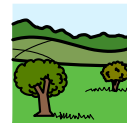
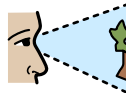


Now it is in ruins!

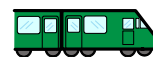
Epping Ongar Railway



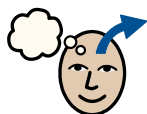
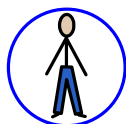
Alex and Rosie were excited when the steam train arrived.



Steam trains are a great way to see the countryside.



Alex and Rosie also had a ride on a Diesel Multiple Unit.

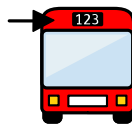


Their father remembered them from his childhood.

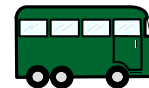
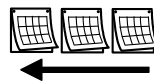
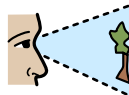
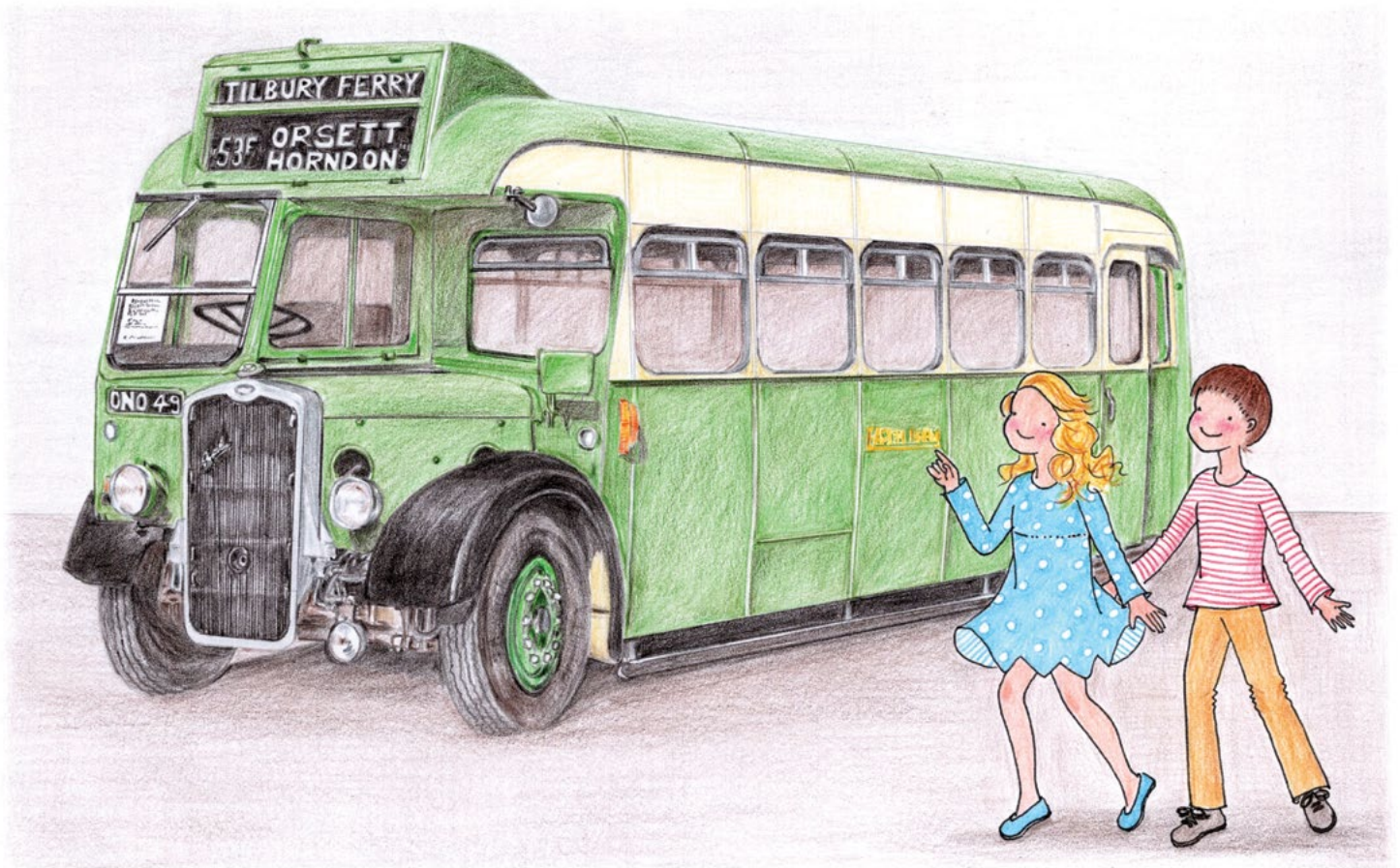
Canvey Island Transport Museum



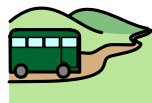
There are many old double-decker buses in the Museum.



Alex wrote down the bus numbers and their destinations.

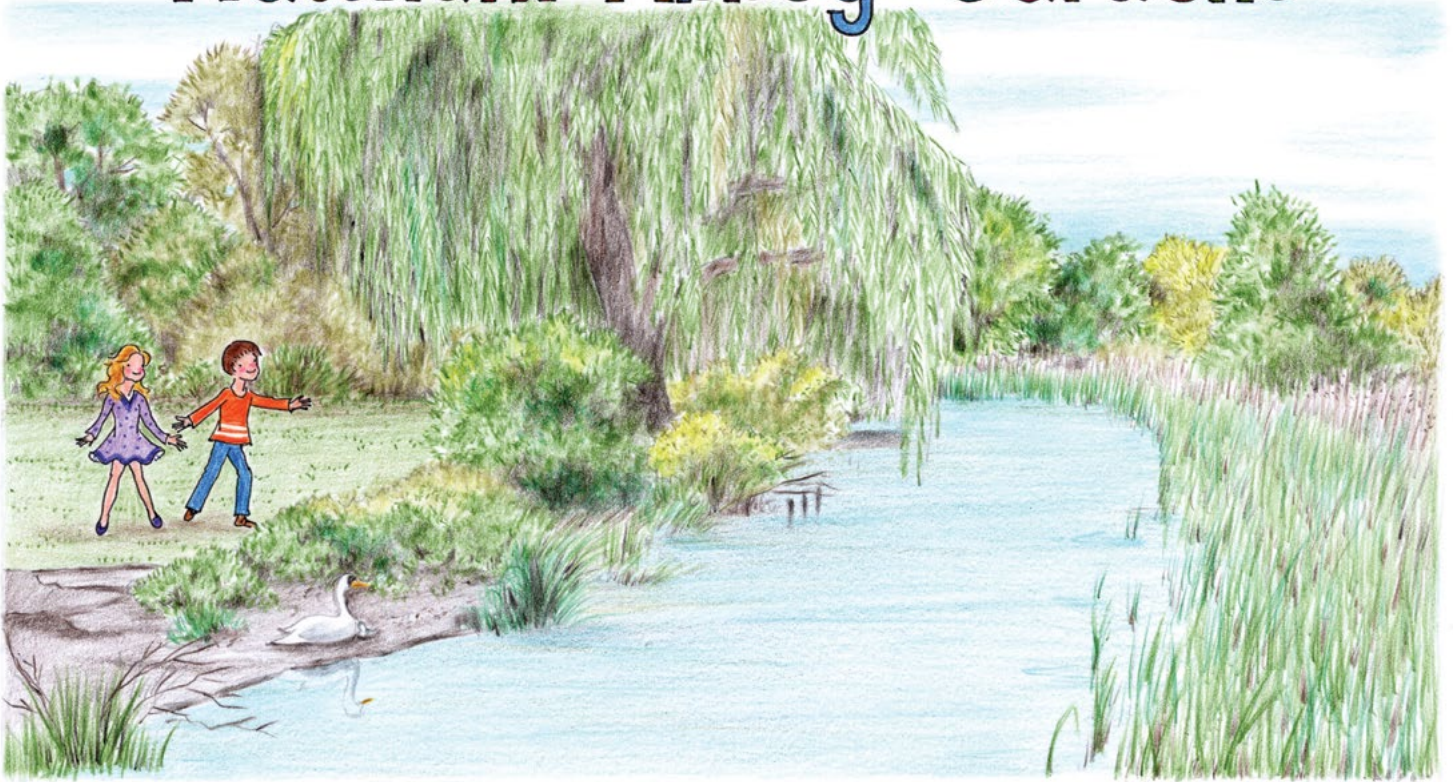


Alex and Rosie also saw an old single-decker bus.

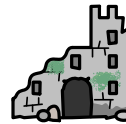


In the 1950s, it travelled between villages in Essex.

Waltham Abbey Gardens



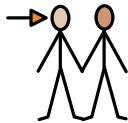
The gardens were very peaceful.



Alex and Rosie explored the ruins of the Abbey.



Later,



they



walked

along the Cornmill



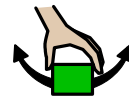
Stream.



The stream was



probably



used

to



power



mills.

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

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