

A photograph of a person with a large dark backpack walking on a dirt path in a forest. The path is covered with fallen brown leaves. The person is wearing a blue and white striped shirt and dark pants. The forest is lush with green trees and foliage. The text 'Sara Lyons' is overlaid in white at the top of the image.

Sara Lyons

Walking for
Autism



The typical day to day challenges that people on the autistic spectrum face should not be underestimated. Their difficulties concerning social interaction and communication, sensory issues and anxieties, is something that Sara Lyons is only too aware of.

Sara lives in Cornwall with her husband Andrew. She is a qualified teacher with over 10 years of teaching experience in mainstream primary schools and further education.

In 2003, Sara was diagnosed with Asperger Syndrome and understands on a very personal level the daily struggles this entails. Combined with her teaching experience, Sara has a rare view of the complexities of autism spectrum disorders and is therefore able to offer advice and support to people with the condition as well as those who work with them.

Starting out on **2nd April - World Autism Awareness Day** - Sara has pledged to walk from **Dover to Lands End**. It is her intention to help raise awareness of autism and raise funds to support the **Lifeworks** 'Breaking the Barrier' events, which introduce youngsters with autism and learning disabilities to surfing.

Sara plans to walk around **15 miles each day over 50 days** and aims to arrive at **Lands End on 21st May**. She hopes that you may be able to join her there or along the way.

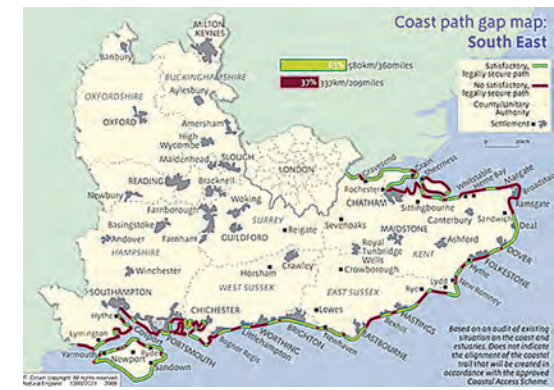
Lifeworks

Lifeworks aims to tackle exclusion, disadvantage and inequality as concerns children and young adults with learning disabilities. Founded in 1996 by a group of parents, teachers and carers, Lifeworks has blossomed into a well-established organisation with a reputation for care, quality and achieving goals. Most importantly, Lifeworks delivers what it set out to deliver - projects dedicated to providing learning disabled children and young adults with confidence and life skills that ensure a self-sustainable future, that promote a fluid transition into adulthood, and that encourage their inclusion in the community as valued and active members.

Lifeworks is the collective name for all the services and facilities of **The Bidwell Brook Foundation**. Charity No.1054167

SARA'S ITINERARY

1. Friday 2nd April... Dover to Hythe
2. Saturday 3rd April... Hythe to Dungeness
3. Sunday 4th April... Dungeness to Rye
4. Monday 5th April... Rye to Hastings
5. Tuesday 6th April... Hastings to Eastbourne
6. Wednesday 7th April... Eastbourne to Newhaven
7. Thursday 8th April... Newhaven to Brighton
8. Friday 9th April... rest day
9. Saturday 10th April... rest day
10. Sunday 11th April... Brighton to Worthing
11. Monday 12th April... Worthing to Bognor Regis
12. Tuesday 13th April... Bognor Regis to West Wittering
13. Wed 14th April... West Wittering (to Hayling Island) to Lee on Solent
14. Thursday 15th April... Lee on Solent to Calshot
15. Friday 16th April... Calshot to Lymington
16. Saturday 17th April... Lymington to Bournemouth
17. Sunday 18th April... Bournemouth to Swanage
18. Monday 19th April... rest day
19. Tuesday 20th April... rest day
20. Wed 21st April... Swanage to Lulworth
21. Thursday 22nd April... Lulworth to Weymouth
22. Friday 23rd April... Weymouth to Abbotsbury
23. Saturday 24th April... Abbotsbury to Chideock
24. Sunday 25th April... Chideock to Lyme Regis
25. Monday 26th April... rest day
26. Tuesday 27th April... Lyme Regis to Sidmouth
27. Wed 28th April... Sidmouth to Exmouth
28. Thursday 29th April... Exmouth to Dawlish Warren (ferry)
29. Friday 30th April... Dawlish Warren to Torquay
30. Saturday 1st May... Torquay to Dartmouth
31. Sunday 2nd May... Dartmouth to East Prawle
32. Monday 3rd May... East Prawle to Bigbury
33. Tuesday 4th May... rest day
34. Wednesday 5th May... rest day
35. Thursday 6th May... Bigbury to Wembury
36. Friday 7th May... Wembury to Plymouth
37. Saturday 8th May... Plymouth to Cawsand
38. Sunday 9th May... Cawsand to Seaton
39. Monday 10th May... Seaton to Fowey
40. Tuesday 11th May... Fowey to Mevagissey
41. Wednesday 12th May... Mevagissey to Carne
42. Thursday 13th May... Carne to St Mawes
43. Friday 14th May... rest day
44. Saturday 15th May... St Mawes to Helford
45. Sunday 16th May... Helford to Coverack
46. Monday 17th May... Coverack to The Lizard
47. Tuesday 18th May... Lizard to Porthleven
48. Wednesday 19th May... Porthleven to Penzance
49. Thursday 20th May... Penzance to Porthcurno
50. Friday 21st May... Porthcurno to Lands End



Support for Sara

Please support Sara in her endeavours by any
of the following ways:

Visit the Lifeworks website:

www.lifeworks-uk.org/saraswalk.html and click
on the 'I WOULD LIKE TO SPONSOR SARA' link

Visit Sara's Justgiving page

www.justgiving.com/salaryons

Fill in the sponsorship form with this leaflet
and return it to Sara or Lifeworks at

Red House, Foxhole Centre, Dartington, Devon TQ9 6EB

If you can help Sara with accommodation or sustenance
for her walk please contact her by email on

info@asteroidsautism.co.uk

for more information about Sara and her work please visit

www.asteroidsautism.co.uk

Thank you for your support

Sara