

An illustration of two hands, one pink and one blue, typing on a laptop keyboard. The laptop is blue and white.

# Virtual Body Doubling Session

An illustration of a hand holding a pink pen, writing on a white notepad. The notepad has some scribbles on it.



Do you want to respond to the  
Scottish Parliament's Call for Evidence  
on Autism & ADHD Pathways?

Want some support and encouragement to share  
your experiences before the deadline of 18/08?

Join us for a virtual body doubling session!

**Monday 11<sup>th</sup> August 6–7:30pm**  
**Online – Instagram Stories or**  
**'SWAN Conversations'**

Or join us asynchronously!

An illustration of two hands, one pink and one blue, holding a smartphone. The phone screen shows a pink and white striped pattern.An illustration of two hands, one pink and one blue, typing on a laptop keyboard. The laptop is blue and white.



## What is the Scottish Parliament's Call for Evidence on Autism & ADHD Pathways?

The Scottish Parliament is carrying out an important inquiry into autism and ADHD pathways and support – and has launched a 'Call for Evidence' to seek the experiences of autistic, ADHD and AuDHD people, their families, and relevant organisations.

We think it is important to take part in this consultation, so that the experiences of neurodivergent people are foremost in informing both the inquiry itself and plans for the way forward.

We wanted to offer a relaxed online space for anyone who wants or needs support to start and/or finish their response.

[Visit the news section on our website to find out more about what responding to the call for evidence involves.](#)

An illustration of two hands typing on a laptop keyboard. The hands are pink, and the laptop is blue with a grid pattern on the keyboard area.

## How will the virtual body-doubling session work?


Our virtual body-doubling session will be organised into 20-minute blocks of time where you can work on your response, and 10-minute blocks of time where you can take a break, check in, or chat about something completely different.

This isn't an online session on Zoom. Instead join in via our posts on the SWAN conversations group on Facebook, or join us asynchronously.

We'll be posting to SWAN Conversations at the start of each block of work time and each block of break time. Members of the SWAN team will be online to chat and offer support. We'll be logging off when the body-doubling session ends at 7.30pm.

You can join us for the whole time, or drop in at any time between 6pm – 7.30pm





# Virtual Body Doubling Session

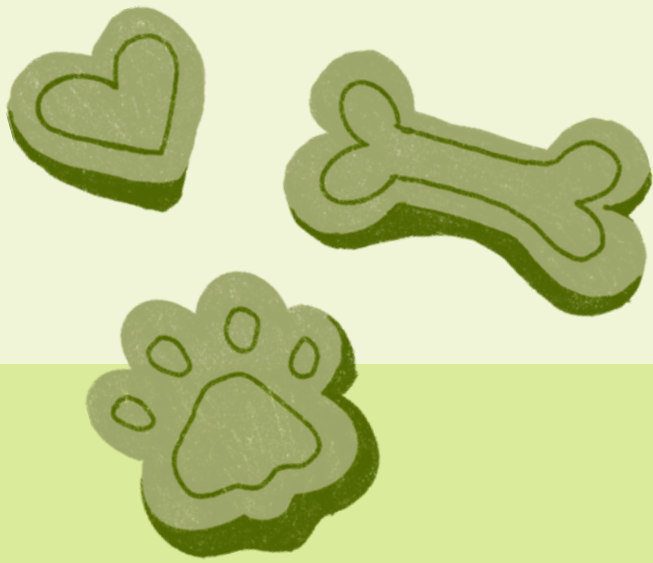
6pm -

It's our 1st block of 20 minutes working time!

Join us for our virtual body-doubling as we work on our responses to the Scottish Parliament's Call for Evidence on Autism & ADHD Pathways.

Next break: 6:20pm!





# Virtual Body Doubling Session

6:20pm

It's our 1st ten minute break!

**Tell us about your pets!**



Break Ends: 6:30pm





# Virtual Body Doubling Session

6.30pm -

It's our 2nd block of 20 minutes working time!

Join us for our virtual body-doubling as we work on our responses to the Scottish Parliament's Call for Evidence on Autism & ADHD Pathways.

Next break: 6:50pm!



# Virtual Body Doubling Session



6:50pm


It's our 2nd ten minute break!

**Recommend a movie, tv show,  
book, or podcast!**



Break Ends: 7pm





# Virtual Body Doubling Session

7pm -

It's our final block of 20 minutes working time!

Join us for our virtual body-doubling as we work on our responses to the Scottish Parliament's Call for Evidence on Autism & ADHD Pathways.

Next break: 7:20pm!





# Virtual Body Doubling Session


7:20pm

It's our final ten minute break!

**What's your favourite stim?  
What brings you sensory joy?**

We're wrapping up at 7.30pm





# Virtual Body Doubling Session

That's us finished for the  
evening.

Thanks for joining us to complete the Scottish  
Parliament's Call for Evidence on Autism &  
ADHD Pathways.

We're signing off now -  
make sure to look after yourself this  
evening.

