

It's all change at PASDA...

We recently said farewell to Katie Goudie, PASDA's project assistant. Katie had been working for PASDA for 18 months, assisting Karina and the Committee with all things technical and administrative! She has moved onto pastures new and we wish her all the best. In April we will be welcoming a new member of staff, Graeme Syme, who will be joining the team as PASDA's project worker. Graeme will be helping to facilitate all of PASDA's carer support groups and workshops and will be available to support individual families with any issues that may be of concern in relation to your caring role.

PASDA



**TAILOR ED**  
FOUNDATION

### **Taylor Ed Foundation Carer Training**

PASDA are running a course of two workshops in partnership with Taylor Ed foundation for parents and carers of adults (over-16s) with autism spectrum conditions. We ask that, where possible, you attend both sessions.

1. **Understanding Autism** *Thursday 16<sup>th</sup> May 2012, 6 -8.30pm Venue: Taylor Ed, 11 Maritime Street, Leith, EH6 6SB*  
This workshop will provide the latest information about autism and consider the ways in which individuals can be affected. There will be an opportunity to consider the perspective of people with autism and a framework to consider the different ways autism can affect someone. *This workshop will be facilitated by Roo Philip of Taylor Ed Foundation.*
2. **Understanding Behaviour** *Thursday 23<sup>th</sup> May 2012, 6 -8.30pm Venue: Taylor Ed, 11 Maritime Street, Leith, EH6 6SB*  
People with autism can sometimes behave in ways we find hard to understand. This workshop provides methods for understanding why we all do the things we do. We will then look at how we can apply this to understanding unusual behaviour. From this understanding, we can start to consider ways of supporting people to change behaviour that is creating problems in their life. *Facilitated by Roo Philip of Taylor Ed Foundation.*

### **VOCAL Self-advocacy workshops for Carers**

VOCAL and PASDA are running a series of workshops for PASDA carers:

#### ***Negotiating Skills Workshop(2 Sessions)***

**Part 1: Tuesday 14<sup>th</sup> May - 6pm – 8pm @ Autism Initiatives One Stop Shop, 24 Hill Street**

**Part 2: Tuesday 21<sup>st</sup> May - 6pm – 8pm @ Autism Initiatives One Stop Shop, 24 Hill Street**

This course is designed to help understand process of negotiation and use of different approaches

Please contact Karina if you would like to come along



### PASDA Information Meeting

We hold our main carers' meeting on the **second Wednesday** of the month at Autism Initiatives' One Stop Shop (24 Hill Street, Edinburgh EH2 3JZ). This meeting is open to all parents and carers of adults (over 16's) with an autism spectrum condition, living in Edinburgh or the Lothian's.

Next meeting: **Wednesday 8th May, 7-9pm**: This month, we will be hearing from the Thistle Foundation about their Lifestyle Management courses and other facilities which are available for carers.



**Carer Discussion Group** Our next carer discussion group is planned for **Friday 10th May 10am-12noon**, at 24 Hill Street, Edinburgh, EH2 3JZ. This is a small, closed meeting which provides an opportunity to raise issues which are current for you, and to share information and encouragement with other carers. Please let us know if you plan to come along. This group is facilitated by our volunteer, Hester.

### East Lothian Carers Group

This monthly group is open to parents and carers in East Lothian and takes place at *Carers of East Lothian*, 94 Musselburgh High Street. The group will meet next on **Thursday 30th May**, from 6.30-8.30pm.

The first East Lothian Council Strategy meeting to discuss their response to the autism strategy will take place at Fisherrow Community Centre, Musselburgh 10-12:00pm on Thursday 16th of May.

### Partner & Spouses Group

The next session will be on Thursday 2nd May, 6-8pm at 24 Hill Street and the topic will be "Relaxation—why we must have it".

Places are limited so please contact Karina if you would like to attend: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

### West Lothian Carers Group—New!

Our new West Lothian group will next be meeting on **Monday 20th May**, from **6-7.30pm**, at Autism Initiatives' Resource Base, Almond House, Quarryrood Court, Livingston, EH54 6AX. This group is open to all parents and other family carers of adults with autism. Please let Karina know if you plan to attend.

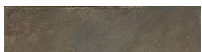
### Autism & Complex Needs Group

This group is for parents and carers of adults who have autism and severe or profound learning disabilities. The next meeting will be **Wednesday 15th May** from **10.30—12.30** at 24 Hill Street. Please let Karina know if you plan to attend.



### Social Group—Sunday 19th May 13:00-15:30pm

We have set up this group using Creative Breaks funding as we know that many carers do not have sufficient funds to treat themselves.



This month's social group will involve going for lunch at The Scottish

CREATIVE

Sandy Sutherland, one of the PASDA carers, has organised a sponsored walk and we would like to invite all parents, their families, including carers and staff and all friends of course, to participate in the sponsored walk in aid of raising funds for PASDA. The more the merrier.



The planned route is to walk the 5K (3 ½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This route was chosen, as many people know the park, there are few roads to cross during the walk and it is also a nice walk due to the scenery and wildlife.

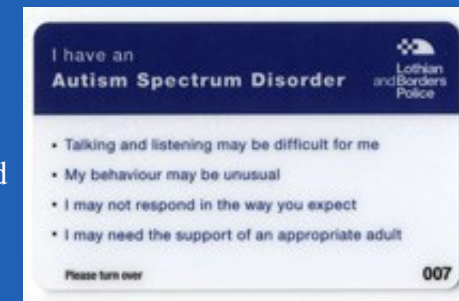
If you are interested in taking part please contact Graeme for further details and we can have a sponsor pack mailed to you.



[graeme.syme@aiscotland.org.uk](mailto:graeme.syme@aiscotland.org.uk) or phone us in the office on 0131 220 1075.

### "Autism Alert Card"

In January 2012, Autism Initiatives, the National Autistic Society and Lothian and Borders Police launched an Autism Awareness Card for people on the spectrum, to help them when they are out and about in the course of their every day lives. The front has information about autism and the reverse has space for contact details if the individual needs more support. For more information, contact AI's head office at 0131 551 7260.



### Housing Information Session

**Friday 19th April, 1.30-3.30pm at 24 Hill Street, Edinburgh**

PASDA have organised for staff from City of Edinburgh Council's Housing Team to come in to talk to PASDA carers about housing options for your family member with autism. The session will look at the various housing tenures in Edinburgh including the private rented sector, mid market rent, low cost homeownership and the social sector. The session will concentrate on accessing and sustaining housing in the various tenures and explore the impacts of the Welfare Reform Act 2012. Please let Karina know if you would like to attend.



### Our Peer Support Network: PASDA CONNECT

For many parents and carers it makes all the difference to have someone to talk to who really knows how you feel and who understands what you are going through. This is why we set up our peer support network, PASDA Connect, to



	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Partners Group 24 Hill Street EH2 3JZ 6-8pm	3	4	5
	7	8 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	9	10 Discussion Group 24 Hill Street EH2 3JZ 10am-12noon	11	12
	14 Vocal Negotiating Skills Hill St 6-8pm	15 Complex Needs Group— 24 Hill Street 10.30-12.30pm	16 Taylor Ed Understanding Autism 6-8:30 11 Maritime St, Leith	17	18	19 Social Group National gallery— Round 10:30
Group se,	21 Vocal Negotiating Skills Hill St 6-8pm	22	23 Taylor Ed Understanding Behaviour 6-8:30 11 Maritime St, Leith	24	25	26
	28	29	30 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	31		

April 2013—Quick Guide to What's On at PASDA