

# PASDA NEWS

April 2014 ISSUE #44

Supporting families of adults with autism in Edinburgh & Lothians

Unit 26, Norton Park, 57 Albion Road, Edinburgh EH7 5QY  
Registered Charity SC042678



## News

Easter is nearly upon us, but we are as busy as ever here.

We are very excited about our fair to celebrate World Autism Awareness Day on Wednesday 2nd April. There will be lots going on, please see below for more details.

We are still looking for people to take part in the Forth Bridge Abseil on Sunday 18th May, and the sponsored walk on Saturday 1st June. We are also grateful for any sponsorship you can provide, either through our team fundraising page at [www.justgiving.com/teams/PASDAabseil](http://www.justgiving.com/teams/PASDAabseil), or please contact us if you wish to make a contribution directly.

We hope to see you at some of our events this month.

## The PASDA Team

## World Autism Awareness Day Fair

2nd April, 4-7pm

To celebrate World Autism Awareness Day, PASDA and the Lothian Autistic Society are holding a fair at Norton Park.

There will be complementary therapy tasters, home baking for sale, cake decorating for children, craft workshops for adults and children, a tombola and much more. The event is open to all, so please spread the word to anyone you think might be interested.

**We need your wonderful donations** of baked goodies, as well as items for the tombola. Donations can be dropped into the office any time until 1pm on 2nd April. Baking should be delivered on 1st or 2nd April only please. If you are bringing items in before the day, please do call us first to make sure there is someone in the office to receive them.

We would also be grateful if you could lend a hand manning the stalls on the day. Please let us know if you can help.

**AUTISM**  
EDINBURGH

## World Autism Awareness Day Fair

2nd April 2014  
4-7pm

Norton Park Conference Centre  
57 Albion Road, EH7 5QY

Quiz!  
Tombola!  
Cake Stall!  
Craft Activities!  
Information Stall!  
Complementary Therapy Tasters!  
Cake Decorating!  
Face Painting!

PASDA  
LOTTERY FUNDED

Lothian Autistic Society

Scottish Charity No. SC042678

Scottish Charity No. SC021429

## Dynamic Earth Free Entry Passes

We recently received a very kind donation from Anna Ryan in memory of her son, Tom. We decided to use this donation to buy something which our carers could use to give them some fun time with their families.

We now have a membership for Dynamic Earth, which can be used by up to three adults and three children at a time. If you wish to make use of these free entry passes, please contact us at the office stating the date you wish to use them. We will then be in touch to let you know if the passes are available for that day, and to arrange to get them to you.

## Free Zoo Tickets

We still have a number of free entry tickets thanks to the Royal Zoological Society of Scotland. If you would like some, please e-mail Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk), clearly stating the names of the members of your party. Tickets will now be given on a first-come-first-served basis.

## PASDA Staff Team

Senior Manager: [donna.nelson@pasda.org.uk](mailto:donna.nelson@pasda.org.uk)  
Project Manager: [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk)  
Project Worker: [graeme.syme@pasda.org.uk](mailto:graeme.syme@pasda.org.uk)  
Project Worker: [danuta.szerszynska@pasda.org.uk](mailto:danuta.szerszynska@pasda.org.uk)  
Administrator: [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk)



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[www.pasda.org.uk](http://www.pasda.org.uk) 0131 475 2416 [info@pasda.org.uk](mailto:info@pasda.org.uk)



# REGULAR PASDA MEETINGS

Below you will find information about all of our monthly support groups for family and friends of adults with autism\* (\*please note that the term 'autism' includes all conditions occurring across the autism spectrum including Asperger syndrome)

Unless otherwise stated, please **let Rachel know** if you will be attending any of these groups, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416

## Partner & Spouses Group

Thursday 3rd April, 6-8pm

Reception Room, Norton Park

This group is for partners and spouses of adults with autism spectrum conditions living in Edinburgh and the Lothians.

This month, we will be looking at information on CADD, which considers the impact on a non-autistic partner of a lack of emotional support from their partner with Asperger's.

## Carer Information Meeting

Wednesday 9th April, 7-9pm

**\*\*\*Eric Liddell Centre, 15 Morningside Road, Edinburgh\*\*\***

This meeting is open to all family and friends supporting over-16s with an autism spectrum condition, living in Edinburgh or the Lothians.

**Please note that this month's meeting will take place in the Eltham Suite at The Eric Liddell Centre, 15 Morningside Road, Edinburgh** (map below).

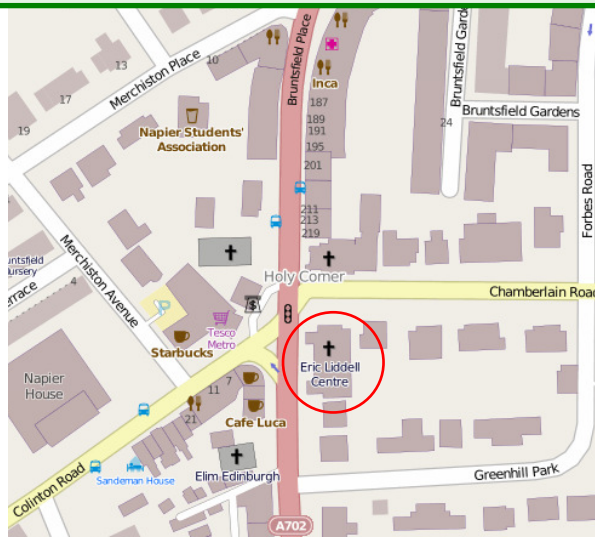
Emma Hanley from Autism Network Scotland will join us to talk about the work of ANS and implementing the menu of interventions.

## Coffee Morning

Friday 11th April,  
10am-12noon

Number 6, Hill Street

Our monthly coffee morning is open to all family and friends of over-16s with autism across Lothian. It provides the opportunity to raise issues which are current for you, and to share ideas and encouragement with others.



## West Lothian Carers Group

**\*\*Monday 14th April, 6.30-8pm\*\***

Autism Initiatives' Resource Base, Almond House,  
Quarrywood Court, Livingston EH54 6AX

**\*\*Please note the change of week this month, due to the Easter holidays\*\***

This group is open to all family carers of adults with autism living in West Lothian.

We will again be running a print workshop. Anyone who did not attend the previous two workshops is very welcome to come and join in.



## PASDA Choir

Wednesday 16th April, 2-3pm

Morningside United Church, Holy Corner

All parents, carers and partners are warmly encouraged to come and sing for fun.

Please note that, due to the World Autism Awareness Day event at Norton Park, there will be no rehearsal at Morningside on 2nd April.

## Autism & Complex Needs Group

Monday 28th April, 10.30am-12noon

Reception Room, Norton Park

This group is for parents and carers of adults who have autism **and** moderate, severe or profound **learning disabilities** living in Edinburgh and the Lothians.

## East Lothian Carers Group

Thursday 24th April, 6.30-8.30pm

Carers of East Lothian, 94 Musselburgh High Street,  
Musselburgh EH21 7EA

This group is open to all family carers in East Lothian. It will be facilitated by Graeme or Danni from PASDA and Margaret from *Carers of East Lothian*.

# CARER INFORMATION & OPPORTUNITIES

## Relaxation and Aromatherapy Course

*From Thursday 22nd May, 2-4pm at Norton Park*

We are pleased to offer a course in partnership with Ca(l)re, which will be led by Catherine Strang.

The course will cover quick methods of coping with stress and extreme emotion using aromatherapy. You will also experience deep relaxation and creative visualisation.

The course runs for 6 weeks from **Thursday 22nd May**. If you would like a place, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416.



## Committee Secretary Vacancy—Could you help?

We are still looking for a Committee Secretary to assist with the work of the committee. It only requires about 2 hours per week, and involves preparing the agenda for and taking minutes at the monthly committee meetings, organising the Annual General Meeting, and keeping the committee on track with legal requirements such as sending information required by OSCR. There is also a small amount of filing of committee documents.

If you feel that you may be able to help with this vital role, or you would like more information, please get in touch with Rachel in the first instance.

## Referendum 2014: What's in it for Carers?

The National Carer Organisations are organising events for carers to find out more about the independence referendum and what it means for carers.

The first event will be for carers to hear from the Deputy First Minister, Nicola Sturgeon MSP. The Minister will give a short contribution about the independence referendum and what this means for carers, followed by a carers' question and answer session.

**When:** 28th April, 12.00 to 2.00pm

**Where:** Glasgow Council for Voluntary Service, Albany Centre, Ashley Street, Glasgow, G3 6DS

**To Register:** Contact Rhonda Fitzpatrick at Carers Scotland on **0141 445 3070** or by e-mail to [rhonda.fitzpatrick@carerscotland.org](mailto:rhonda.fitzpatrick@carerscotland.org).

Places are limited and will be allocated on a first come first served basis. The event is open to **carers only**.

**Questions:** If you would like to submit a question in advance, whether you can or can't attend, please contact Rhonda on the address above.

Further details are available from the Coalition of Carers website, [www.carersnet.org/about-us/our-meetings](http://www.carersnet.org/about-us/our-meetings). There will also be details available soon of a further carers event featuring the Better Together Campaign.

## Autism and Ethics conference

*Friday May 16th 2014; Doors open 9am for 9.20 am start, finishes 4.45pm  
Smithton Church, Murray Road, Inverness. IV2 7YU*

ARGH (Autism Rights Group Highland), in partnership with the National Autistic Society Scotland are delighted to be holding an Autism and Ethics conference from the Autistic perspective; all the main speakers at this conference are Autistic.

Ethics is not just about theory: ethical concerns directly affect the down-to-earth everyday lives of Autistic people and their families, and the practitioners who work with them. This conference aims to step away from theory and achieve a practical understanding of what ethics in relation to autism practice really means. We hope to promote discussion and build bridges between attendees from across the autism community.

This is a unique opportunity for parents, carers, Autistic people, practitioners, researchers and others to hear Autistic people speaking as experts in their field and to promote discussion and networking with the other attendees. We would also like to give the chance for reflection and strengthening of identity and networks to Autistic people on their own terms.

Cost: £25 (reduced rate of £12.50 for people on out of work benefits / income support), includes lunch.

How to book: send payment, (postal order or cheque made payable to 'Autism Rights Group Highland'), a stamped addressed envelope for return of tickets, phone number or email address and a note of how many tickets you require at which rate, plus any access requirements including dietary requirements if relevant to:  
ARGH, 22 Wester Inshes Place, Inverness IV2 5HZ.

For payment online and more information see: [www.arghighland.co.uk](http://www.arghighland.co.uk) or e-mail: [info@arghighland.co.uk](mailto:info@arghighland.co.uk).

## Do Something Amazing for PASDA

On Sunday 18th May, you will find most of the staff dangling from the Forth Bridge to raise money for PASDA! We would love you to join us in this fun challenge.

PASDA will pay your registration fee, in return you need to raise at least £150 in sponsorship. You will get a fantastic feeling of achievement, a warm glow from helping us, and a commemorative certificate and t-shirt. We will also be arranging a celebratory lunch afterwards for those that survive—I mean take part.

We still have places on our team, so please contact Rachel if you would like to join us, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416. You can also sponsor us online at [www.justgiving.com/teams/PASDAabseil](http://www.justgiving.com/teams/PASDAabseil), or if you would like to donate in cash or by cheque please get in touch and we will give you the details.

## Sponsored Walk for All the Family

We would like to invite you, your family and friends to participate in a sponsored walk, organised by Sandy Sutherland, to raise funds for PASDA. Everyone is welcome to join in, the more the merrier! The walk will take place on Sunday 1st June, the time is still to be advised.

The planned route is to walk the 5km (3½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This is a lovely area and will allow some wonderful views of the scenery and wildlife.

If you are interested in taking part, please contact Graeme for further details, [graeme.syme@pasda.org.uk](mailto:graeme.syme@pasda.org.uk) / 0131 475 2416.

## April 2014—Quick Guide to What's On at PASDA

| Monday                                      | Tuesday | Wednesday                                     | Thursday                                | Friday                              |
|---|---------|---|---|-------------------------------------|
|   | 1       | 2<br>World Autism Awareness Day Fair<br>4-7pm | 3<br>Partners Group<br>6-8pm            | 4                                   |
| 7   | 8       | 9<br>Carer Information Meeting<br>7-9pm       | 10                                      | 11<br>Coffee Morning<br>10am-12noon |
| 14<br>West Lothian Group<br>6.30-8pm        | 15      | 16<br>PASDA Choir<br>2-3pm                    | 17                                      | 18                                  |
| 21  | 22      | 23  | 24<br>East Lothian Group<br>6.30-8.30pm | 25                                  |
| 28<br>Complex Needs Group<br>10.30am-12noon | 29      | 30  |   |                                     |

### PASDA

Contact Details: Unit 26, Norton Park, 57 Albion Road, Edinburgh 0131 475 2416

[info@pasda.org.uk](mailto:info@pasda.org.uk)      [www.pasda.org.uk](http://www.pasda.org.uk)

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