

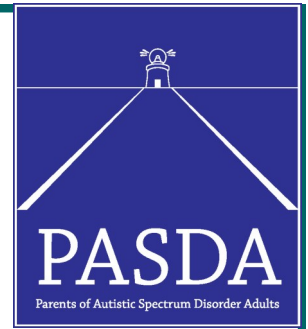
PASDA NEWS

August 2013 ISSUE #36

Supporting families of adults with autism in Edinburgh & the Lothians

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News

Hi everyone, we hope you are doing well and have had the chance to enjoy these wonderful few sunny weeks we have had lately. Long may it last :)

Here is an update on PASDA organisational changes: we shall be moving into our new premises on **12th August**. Our new address will be: **Unit 26, Norton Park, Albion Road, Edinburgh EH7 5QY**. We will be changing our landline number and email addresses although we do not have these yet, so please bear with us. If you have any difficulties contacting us during the transition period, you can contact us via Norton Park Reception on 0131 475 2400 or on Karina's work mobile number: 0759 200 6222. Please also keep a close eye on our Facebook Page for regular updates. www.facebook.com/pages/Pasda



From mid-August the staff team will consist of: Karina Williams (Project Manager), Graeme Syme (Project Worker), Danuta Szerszynska (Project Worker), Rachel Pickett (Administrator). Our part-time Senior Manager, Donna Nelson, will be starting with us in late August.

We hope to hold a launch event in September to which we will invite all of our family carers and other stakeholders to come and see our new premises and meet our new staff. Further details will follow in the September newsletter.

Due to our move, we will be suspending most of our meetings and activities during August, so please check over the page to see which groups will still be taking place.

We plan to hold most of our groups and activities at our new premises from September, however the Partner & Spouses Group will remain at Hill Street for the time-being.

We will still be working in partnership with *Autism Initiatives Scotland* and plan to retain our close links with them, regardless of our move.

If you have any questions about our move or any of our activities, please do not hesitate to get in touch.

We hope you have a sunny and relaxing August and hope to see you all soon.

The PASDA Team



Parents of Autistic Spectrum Disorder Adults (PASDA)

24 Hill Street, Edinburgh EH2 3JZ

www.pasda.org.uk

0131 220 1075/0759 200 6222
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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)

Suspended Activities:

The following activities will **not** be taking place this month:

Carer Information Meeting
West Lothian Group
Complex Needs Group
Monthly Coffee Morning

East Lothian Carers Group: Thursday 29th August 6.30-8.30pm at Carers of East Lothian, Musselburgh

This monthly group is open to all family carers in East Lothian. Please let us know if you plan to attend.

Partner & Spouses Group: Thursday 4th July, 6-8pm at 24 Hill Street, Edinburgh

This month the group will be facilitated by Karina (PASDA) and Kim Maxwell (Autism Initiatives). This group provides the opportunity to meet other partners and spouses of individuals with ASC and to discuss any issues that are of concern to you. This month we will specifically be considering the theme of finance and money management which was identified as an issue at last month's meeting. Please let us know if you plan to come along: karina.williams@aiscotland.org.uk/0131 220 1075

Social Group—Trip to the Edinburgh Fringe Festival, Just the Tonic, Bristo Square, Saturday 17th August. 1.30-4pm

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

This month's social group will be taking a trip to the Fringe Festival to see a comedian called John Williams perform his show *My Son's Not Rainman*.

John is a comedian and single dad. His son is eleven years old and autistic ... he isn't a genius. His only special power is making his dad laugh. A lot. This is their true story of Lego, magic trains, the number 75 bus and life in a chaotic world neither of them will ever truly understand.



The group will be meeting at the main entrance to the Spiegel tent in George Square at 1:30pm where we will have a coffee before heading to Just the Tonic at 2:50pm for the show.

If you are interested in coming along please let Graeme or Karina know before **Monday 5th August** so we can buy tickets for this event.

We will cover the cost of the ticket and up to £10 per person for lunch and refreshments (excluding alcohol) and we can refund travel expenses up to £10 per person. If receipts are provided within 14 days of the event.

If you would like to book a place, please contact us on 0131

[220 1075/info@pasda.org.uk](mailto:2201075/info@pasda.org.uk)

CREATIVE
breaks

PASDA Membership & Donations

There is now a new easy way to pay your PASDA membership or make a donation. Just go to our MyDonate site <https://mydonate.bt.com/charities/pasda>

Only a very small charge is taken off the Gift Aid donation when you pay using debit or credit card, so it's definitely worth it.

If you would like to become a member of PASDA, please get in touch and we will send you the relevant forms: info@pasda.org.uk/0131 220 1075. Please note that if you wish hard-copies to be sent out to you we request that you become a member of PASDA. Membership is £5 per individual or £8 per family.

CARER INFORMATION & OPPORTUNITIES



Free Positive Behaviour Course for Carers

This course will provide the opportunity for carers to receive practical training to help and support their family member with autism (without a learning disability) who is aged 16 years and above.

Sessions will focus on -

- Understanding emotional & behavioural challenges in people with autism
- Sensory differences and their impact on behaviour
- Social skills for people with autism - and innovative solutions
- Communication and its link with emotional and behavioural challenges
- Working through difficult situations - what to do when the going gets tough
- Person specific solutions, including individual support to discuss these.

There will be 6 half-day training sessions which will start the week of the **16th September 2013** and will run for 12 weeks (1 session every 2 weeks). There is the flexibility of day and evening training available. As well as the training sessions you will be offered the option of Intensive Support (Home Visits and 1:1 Sessions).

Please note that places on this course are limited to 12 maximum.

For more information or to request an application form, please contact Karina or Graeme at PASDA on 0131 220 1075/0759 200 6222 or email info@pasda.org.uk

VOCAL Information Surgeries

As part of our current partnership project with VOCAL (Voice of Carers Across Lothian), PASDA carers are able to access their information surgeries on legal and financial issues such as Power of Attorney, Guardianship, wills and trusts, benefits checks and support with welfare benefit appeals and tribunals.

To book a place or to make an appointment call VOCAL on 0131 622 6666 or email centre@vocal.org.uk




Our Carer Support Network

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 link up people with similar experiences so that they can support each other when things are difficult and celebrate their successes together. We are always looking for new carers to join the network. If you would like to request an application form, please get in touch.



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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|-----------|---|--------|--|--------|
| | | | 1 Partner & Spouses Group 6-8pm ,24 Hill Street, Edinburgh | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 PASDA moving to Norton Park!!! | 13  | | 15 | 16 | 17 Social Group Trip to the Edinburgh Fringe Festival Bristo Square 1:30pm | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 East Lothian Group, COEL, Musselburgh 6.30-8.30pm | 30 | 31 | |

Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, 24 Hill Street, Edinburgh EH2 3JZ 0131 220 1075/0759 200 6222
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 Scottish Charity No.: SC042678