

# PASDA NEWS

August 2014 ISSUE #48

Supporting families of adults with autism in Edinburgh & Lothians

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



## News

The summer holidays are in full swing, and August will be a busy month for everyone. The Edinburgh festivals are starting, and of course the Commonwealth Games will be underway by the time you read this.

Some of our regular groups are taking a break in August, and others are changing either date or venue. Please check the details on page 2, or contact the office to make sure before attending in August. The singing group resumes on Wednesday 20th August after a few weeks off. We hope to see some new faces there, it is a fun and friendly group and we are singing well-known songs that everyone can join in with.

We would like to remind you that we are now accepting membership applications and renewals—if you have not yet returned your forms please do so as soon as possible. If you have not received forms and would like to join or renew your membership, please let Rachel know.

## The Pasda Team

## Carer Consultation Event

Monday 25th and Tuesday 26th August, 4-7pm at Norton Park

We will be holding two consultation events to gather the views of carers on a range of topics. The results will be fed back to the Scottish Government by Emma Hanley of Scottish Autism Network.

If you would like to take part in these events, or would like more information, please contact Dylan Hamilton ([dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk) / 0131 475 2416).

## Help for People with Additional Needs

### Edinburgh Airport

Airports can be a stressful place for anybody, particularly security and passport control. Following discussion with some of the families we work with, we wanted to share some details regarding assistance available for people with autism when travelling from Edinburgh Airport. This includes the provision of quiet areas in the airport where you can relax before departure and the opportunity to visit the airport in advance to familiarise yourself with the environment and airport procedures.

We have heard very positive feedback about this so far and wanted to share the good practice from the staff at Edinburgh airport. For further details please visit their website: [www.edinburghairport.com/prepare/travelling-with-additional-needs](http://www.edinburghairport.com/prepare/travelling-with-additional-needs).

### Euan's Guide

If you are out and about enjoying the summer, either in Scotland or elsewhere in the UK, you might like to visit a very helpful review site, [www.euansguide.com](http://www.euansguide.com). The guide lists various attractions, restaurants and shops and gives an appraisal of how accessible they are to those with disabilities of all kinds. It also includes a note if they offer discounts for carers. The reviews are placed by people who have used the facilities.

## Pasda Staff Team

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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)

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



## Pasda Singing Group

Wednesday 20th August, 2-3pm

Morningside United Church, Holy Corner

All parents, carers and partners are warmly encouraged to come and sing for fun. Meetings will resume on 20th August and will then be twice a month.

## West Lothian Carers Group

**\*\*\*Monday 4th August, 6.30-8pm\*\*\***

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

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

This month Dale Marsters from Children and Families in West Lothian will speak about the West Lothian Autism Plan which he has been involved in, and is now in the consultation period. He will gather the group's views on the draft plan. You can find a copy at [www.westlothianhchcp.org.uk/local-autism-strategy](http://www.westlothianhchcp.org.uk/local-autism-strategy).

**\*\*\*Please note the change of date for this meeting\*\*\***



## Coffee Morning

**\*\*\*Friday 15th August, 10am-12noon\*\*\***

Number 6, 24 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.

## East Lothian Carers Group

**Date to be confirmed**

*Fringe by the Sea*

This group is open to all family carers in East Lothian.

This month there will be a trip to an event at Fringe by the Sea. Details will be sent to regular group members, anyone else who is interested should contact Danni, [danuta.szczyszynska@pasda.org.uk](mailto:danuta.szczyszynska@pasda.org.uk).

## Partner & Spouses Group

**Date to be confirmed**

*Edinburgh Festival Fringe*

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

This month there will be an outing to a Fringe event. Details will be sent to regular group members, anyone else who is interested should contact Danni, [danuta.szczyszynska@pasda.org.uk](mailto:danuta.szczyszynska@pasda.org.uk).

## Autism & Complex Needs Group

**Not on this month**

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.

The group will resume in September.

## Carer Information Meeting

**Not on this month**

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

The group will resume in September.

## Craft Group

**Not on this month**



This group meets at St Serf's Church Hall, just round the corner from Ferry Road.



The group will resume in September.



## August 2014—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	2 3
4  West Lothian Group 6.30-8pm	5	6	7	8	9 10
11	12	13	14	15  Coffee Morning 10am-12pm	16 17
18	19	20  Singing Group 2-3pm	21	22	23 24
25  Carer Consultation 4-7pm	26  Carer Consultation 4-7pm	27	28	29	30 31

Pasda

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Scottish Charity No.: SC042678