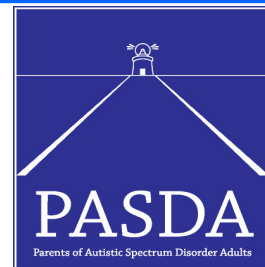


PASDA NEWS

December 2013 ISSUE #40

Supporting families of adults with autism in Edinburgh & Lothians

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



News

Christmas is fast approaching, and there will be some changes to our regular meetings in December and January. Please check the newsletter for details, or give us a call to confirm dates. Please also remember to let Rachel know if you will be attending a group so that we can plan for the right number of people.

Our Christmas Fair will take place on Wednesday 11th December at Café on the Corner. It will be earlier than the normal Carer Information Meeting, taking place from 4-6pm. More details can be found below.

The team will be taking some time off in December, so please be aware that there will be nobody in the office from 25th December to 2nd January.

Wishing you a peaceful Christmas,

The PASDA Team

A New Name for PASDA—Parents of Autistic Spectrum Disorder Adults?

We are considering changing our name to make it clearer that we are here for all family members and carers of adults on the autistic spectrum. We would also like to remove the term 'Disorder' from the name, as this is falling out of use in relation to autism. The new name does not have to be an acronym.

If you have any thoughts on this, or suggestions for a new name, please contact Rachel, rachel.pickett@pasda.org.uk. There will be a small prize for the person who suggests the name that is chosen!

PASDA Christmas Fair

Please note there have been some changes to the arrangements for the Fair since the last newsletter. It will now be held at the **Café on the Corner**, Hill Street, from **4 to 6pm** on Wednesday 11th December.

We will be having a raffle, tombola, bake sale and arts and crafts table. Danni is organising this event, but she would still appreciate help from any willing volunteers, so if you are available to help out on the day, please let her know. We are also still collecting donations of prizes and edible goodies—please bring any donations into the PASDA office.



If you can help, or would like any more information, please contact **Danni**, danuta.szerszynska@pasda.org.uk / 0131 475 2416.

Job Vacancy—PASDA Project Manager

We aim to build a resourceful network of family carers over the next three years through our *PASDA Interactive* project which is funded by the Big Lottery Fund. We are looking for a Project Manager who can provide leadership and stability in order to enable us to achieve our objectives. Big Lottery Funding has allowed us to employ a staff team of five for a three year period.

The Project Manager will work with the PASDA Senior Manager and management committee to ensure the vision and mission of PASDA is implemented in a sustainable way to meet the needs of ASC adult carers in the Lothians.

We are looking for someone who has worked in a similar role to operate and develop at a Project Management level, build relationships with other agencies and lead the operational development of the team. The role requires an individual with excellent organisational, communication and managerial skills.

The closing date for applications is at 12 noon on Friday 6th December, and interviews will be held on Monday 16th December. For more information please see the advert on our website: www.pasda.org.uk.

PASDA Staff Team

Senior Manager: donna.nelson@pasda.org.uk
Project Worker: graeme.syme@pasda.org.uk
Project Worker: danuta.szerszynska@pasda.org.uk
Administrator: rachel.pickett@pasda.org.uk

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www.pasda.org.uk

0131 475 2416

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 / 0131 475 2416

Partner & Spouses Group

Thursday 5th December, 6-8pm

Reception Room, Norton Park

This group is for partners and spouses of over-16s with autism spectrum conditions living in Edinburgh and the Lothians. This month there will be mince pies and other festive fare!



East Lothian Carers Group

This group will take a break in December but will meet again in January.

Coffee Morning

Friday 13th December, 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.

Autism & Complex Needs Group

Wednesday 18th December, 10.30am-12noon

Reception Room, Norton Park

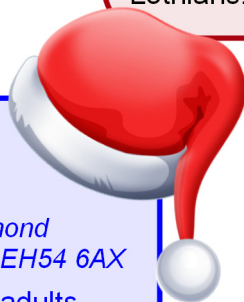
This group is for parents and carers of adults who have autism **and** moderate, severe or profound **learning disabilities** living in Edinburgh and the Lothians.

West Lothian Carers Group

Monday 16th December, 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 there will be Christmassy nibbles provided.



Carer Information Meeting

This will be replaced by the Christmas Fair in December.

PASDA Social Group

We will be having a Christmas lunch at The Cellar Door, George IV Bridge, at 1.00pm on Tuesday 10th December. We have space for 10 people, and places will be allocated on a first-come-first-served basis. The cost of a two course lunch will be covered. Please let Rachel know if you wish to attend.

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES



Self Advocacy Workshops for Carers (you must be able to attend BOTH sessions)

2nd & 9th December, 1.00-3.30pm at 8-13 Johnston Terrace

Self Advocacy workshops are about enabling carers to have confidence and skills to enable them to speak up more effectively, be listened to and have their needs met in a variety of situations, enabling them to access the support and services both they and the person they care for require.

Dealing with Difficult People (you must be able to attend BOTH sessions)

4th & 11th December, 1.00-3.30pm at 8-13 Johnston Terrace

We have all come across people in positions of authority, or who use more aggressive approaches to getting what they want. This course is about how to deal with people who seem have much more authority or power than you and how you can effectively deal with their approach so that you can be listened to and your concerns taken seriously.

You can book a place on either of the above courses by calling VOCAL on 0131 622 7625, via their website www.vocal.org.uk, or by contacting Rachel at PASDA, 0131 475 2416 / rachel.pickett@pasda.org.uk. Please book at least **one week before** the course.

Access to Work Workshops

As part of their Access to Work project, Lothian Centre for Inclusive Living (LCiL) are holding workshops in December for parents/carers of Disabled People who want to find out more about the Access to Work scheme and what it actually means for disabled people in real terms.



Workshop for parents/carers of people aged 14-25

4th December, 10am-12.30pm, then repeated at 6.00-8.30pm.

Workshop for parents/carers of people aged 26 and over

10th December, 6.00-8.30pm

Workshop for young people aged 16-25 with additional support needs

14th January 2014, 6.00-8.30pm

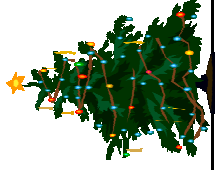
All of these will be held in the Training Suite at Norton Park.

At these workshops you can find out what Access to Work is, and get up to date with all the changes that are happening within the service. It will be useful for those who may be thinking of going into new employment or are already in employment and require additional support to remain in their work.

Travel costs can be met on request to LCiL.

For more information or to book a place please contact **Amanda Beech**, Amanda.beech@lothiancil.org.uk / 0131 475 2350.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 VOCAL Self-advocacy workshop (session 1) 1-3.30pm	3	4 Access to Work (14-25) 10am-12.30pm; 6-8.30pm VOCAL Dealing with Difficult People workshop (session 1) 1-3.30pm	5 Partners Group 6-8pm	6	7
8	9 VOCAL Self-advocacy workshop (session 2) 1-3.30pm	10 Social Group lunch, The Cellar Door, 1pm Access to Work (26+) 6-8.30pm	11 Dealing with Difficult People (session 2) 1-3.30pm Christmas Fair, 4-6pm	12	13 Coffee Morning 10am-12noon	14
15	16 West Lothian Group 6.30-8pm	17	18 Complex Needs Group 10:30—12	19	20	21
22	23	24	25 	26	27	28
29	30	31				

Parents of Autistic Spectrum Disorder Adults (PASDA)

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

info@pasda.org.uk www.pasda.org.uk

Scottish Charity No.: SC042678