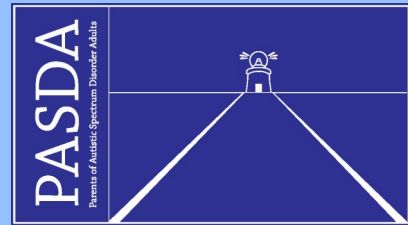


# PASDA NEWS

February 2013 ISSUE #30

Supporting families of adults with autism  
in Edinburgh & Lothian



## Peer Support for Carers: Free One Day Training Course

Thursday 21st February 2013, 9:30am – 4:00pm at 24 Hill Street, Edinburgh EH2 3JZ.

On 21st February PASDA and the Mental Health Foundation will be delivering a one day training course on Peer Support for Carers. If you are a member of PASDA Connect, or would like to find out more about being a peer supporter, then this is the course for you. The training is designed to give participants:

- Increased understanding about peer support, its values and benefits, and different models of delivery
- Knowledge and understanding of how peer support will be delivered within PASDA and how you can get involved
- Increased understanding of how to use lived experience of being a carer to support others
- Knowledge of potential boundary issues and challenges which may arise during peer support and increased confidence in taking actions to prevent and address these issues.

The course will be informal in style and offer the opportunity for discussion, reflection and learning. If you are interested in participating in this training, or would like to find out more, please contact Karina Williams on 0131 220 1075 or [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)



## Advocacy Service for Carers of Adults with ASD

An advocate is someone who is there to help you communicate your needs and rights to professionals who you come into contact with in your caring role. They can come with you to meetings, make phone calls and write letters on your behalf, provide you with information on your rights or just help you to decide what you are going to say for yourself. Even if you feel confident speaking for yourself and your family member during meetings, an advocate can help you to access information and to build the case for your point of view. For more information, contact Mark Johnston at VOCAL on 0131 622 6666 or email [advocacy@vocal.org.uk](mailto:advocacy@vocal.org.uk). Although there is a waiting list for the service, all referrals (including self-referral) are prioritised, so that if you need help urgently it will be made available to you.



## Impacting Services in Edinburgh and the Lothians

At our Information Meeting in January, many people expressed frustrations and difficulties with the services available, although there were positive recommendations too. It is important for parents and carers to have their say regarding the services that are available, or that they would like to see developed. Your opinion can contribute to the evidence required for extra funding or to make changes to existing services, so if you do have time, please have your say here:

<https://www.surveymonkey.com/s/AutismMappingParentsCarers>

If you would like a hard copy of the questionnaire, please let us know and we can post one to you.

Parents of Autistic Spectrum Disorder Adults (PASDA) c/o Autism Initiatives, 24 Hill Street, Edinburgh EH2 3JZ 0131 220 1075/ [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)/[info@pasda.org.uk](mailto:info@pasda.org.uk)  
[www.pasda.org.uk](http://www.pasda.org.uk) Scottish Charity No. 042678

# REGULAR PASDA MEETINGS

## 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 13th February, 7-9pm**: This month, Mark Johnston from VOCAL is coming to talk to us about the carer advocacy partnership project which we are running in partnership with them.

### Summary of January Meeting:

In January we met without a speaker, which allowed us to have a more informal catch up session, and to discuss common issues and strategies for dealing with things. We also talked about what topics carers would like to see covered during meetings this year, which will inform our planning, and about what would be helpful for carers generally—through PASDA, larger organisations, or in the wider public domain.



## Carer Discussion Group

Our next carer discussion group is planned for **Friday 8th February 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* at 94 Musselburgh High Street. The group will meet next on **Thursday 28th February**, from 6.30-8.30pm.



## Partners Group

Our next Partner's Group is taking place on **Thursday 7th February, 6-8pm** at 24 Hill Street, Edinburgh, EH2 3JZ. This session will be facilitated by Karina, and is open to all spouses and partners of adults with an autism spectrum condition. Please let Karina know if you are interested in coming along.

## Autism & Complex Needs Group

This group is for parents and carers of adults who have autism plus severe or profound **learning disabilities** and other complex needs. This month the group will be on **Wednesday 20th February**, from **11am-12.30** at 24 Hill Street and will be facilitated by parent, Tom Wightman. If you are interested in coming along, please speak to Katie or Karina for more information and to confirm your attendance.



## Men's Curry Night Tuesday 12th February, 7pm at Khushi's, Leith Walk

This month we are holding a Curry Night specifically for any males involved with PASDA. So, if there are any dads, brothers, husbands or friends of adults with ASD out there who would like to come along, please let us know by **Tuesday 5th February**.

Using our Creative Breaks funding, we can cover the cost of your meal. The groups will be led by Tom and Chris, two dads from the PASDA Committee. For more info or to book a place, please contact Karina on [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)/0131 220 1075.

**CREATIVE  
breaks**



# CARER INFORMATION & OPPORTUNITIES

PASDA are not the only organisation to offer learning opportunities for carers. You can find about other workshops and courses at [www.carertraining.co.uk](http://www.carertraining.co.uk) This website is managed by VOCAL.

## Social Media and Computer Workshops

We are planning on running a final selection of workshops in February before the end of the social media project. If you haven't made it along yet, now is your chance. They will all be held at 24 Hill Street, EH2 3JZ.

**Thursday 7th February, 11am-1pm** – Computer Drop In. If you have specific questions to ask about virus scanning, networking, using the internet, using email attachments, word processing or anything else, you can bring your own laptop along and we can address these.

**Monday 11th February, 11am-1pm**—Facebook Drop In. If you have questions regarding how to use your Facebook account, you can either bring your own laptop, or use one of our PCs. In particular if you would like help with security and privacy settings, notifications, groups and friend requests, these are all topics we can cover on the day.

**Wednesday 20th February, 6-7.30pm**—Online Safety Information Session. Come along to learn how to keep yourself or your family member safe whilst using Facebook and other websites on the internet. You do not need to have a Facebook account, or any skills with a computer in order to participate, as everything will be demonstrated for you.

Please get in touch with Katie on 0131 220 1075 or [katie.goudie@aiscotland.org.uk](mailto:katie.goudie@aiscotland.org.uk) if you are planning to come along, as they can only run if there is sufficient interest.

## 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 link up people with similar experiences so that they can support each other when things are difficult and celebrate their successes together. We already have about 20 people signed up but we are looking for more members. If you are interested, please fill out the Connect Profile which came with your newsletter, and send it back to us. If you would like further information, please email [katie.goudie@aiscotland.org.uk](mailto:katie.goudie@aiscotland.org.uk) or phone us in the office on 0131 220 1075.



## Learning Opportunities for Carers

### Next Steps: Planning for the Future (Part 1)

Tuesday 5th February 2013, 6-8.30pm. 24 Hill Street, Edinburgh EH2 3JZ

An opportunity to hear about local services including mental health, social work, housing and employment.

### Next Steps: Planning for the Future (Part 2)

Tuesday 12th February 2013, 6-8.30pm. 24 Hill Street, Edinburgh EH2 3JZ

You will be creating your own action plan, focusing on short-term, achievable goals. Your goals may focus on your health, improving communication, independent living skills, or anything else that is of concern.

### Who Should Attend?

These workshops are appropriate for any parent/carer who would like to find out more about services and available in Lothian and who is looking for help with moving forward with regards to their caring role. For more information or to book, please contact Karina on 0131 220 1075 or [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

This month's newsletter is full to bursting so we have put some updates on our website at

[www.pasda.org.uk/news/2013/01/carer-updates.php](http://www.pasda.org.uk/news/2013/01/carer-updates.php)

There is information about a new online support service from Scottish Autism, a carer information pack from Support in Mind, information about carer support payments (only available until March), and some straight-talking updates on Health and Social Care Integration, and Welfare Reform. If you cannot access the internet, please phone for more information.

## February 2013—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
	Next Steps (Part 1) 24 Hill Street EH2 3JZ 6-8.30pm		7 <u>Computer Drop-In</u> Session, 24 Hill Street, EH2 3JZ 11am-1pm. <u>Partners Group</u> 24 Hill Street EH2 3JZ 6-8pm	Discussion Group 24 Hill Street EH2 3JZ 10am-12noon		
			14	15	16	17
11	12	13	14	15	16	17
Facebook Drop In Session 24 Hill Street, EH2 3JZ 11am-1pm	Next Steps (Part 2) 24 Hill Street EH2 3JZ 6-8.30pm Men's Curry Night, Khusi's 7pm	Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm				
18	19	20	21	22	23	24
		<u>Complex Needs</u> Group 24 Hill Street 11-12.30pm <u>Online Safety</u> Information Session 24 Hill Street, EH2 3JZ 6-7.30pm	21 Peer Support Training Day 24 Hill Street EH2 3JZ 9.30-4pm			
25	26	27	28			
			East Lothian Group, COEL, Musselburgh 6.30-8.30pm			

### Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, c/o Autism Initiatives, 24 Hill Street, Edinburgh EH2 3JZ

0131 220 1075

karina.williams@aiscotland.org.uk/katie.goudie@aiscotland.org.uk

www.pasda.org.uk

Contact Hours: Monday-Friday, 9-5pm

Scottish Charity No.: SC042678