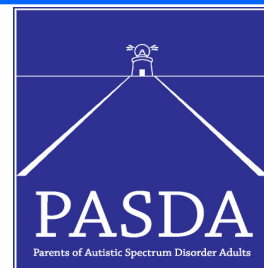


# PASDA NEWS

February 2014 ISSUE #42

Supporting families of adults with autism in Edinburgh & Lothians

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



## News

We are delighted to introduce our new Project Manager. Dylan Hamilton completes our staff team and will be working full time. You will hopefully have the chance to meet him soon as he will be attending as many of our regular meetings as possible over the next couple of months.

We are changing the day that the Complex Needs group meets to try to make it available to more people. Please see page 2 for details. We are also pleased to announce the launch of the PASDA choir—if you love to sing, please see below and join us on 5th February!

Also on a musical theme, we are pleased to be able to offer some free music therapy sessions. Please see page 3 for more information.

Would you like to try a new experience and help us at the same time? We are looking for some daredevils to join Donna, Dylan, Graeme and Rachel in a fundraising venture in May. If you think you could be that person, please see page 4.

## The PASDA Team

## PASDA Choir—Call for Members

Arrangements are now in place for our brand new PASDA Choir. You do not need to be able to read music, enthusiasm is all that is required. We will be starting off very gently, with songs you are likely to know and love. Singing in a group is a lot of fun and a very sociable activity, so please do come along and join us. Men and women of all vocal ranges are very welcome.



We will meet at Morningside United Church, 15 Chamberlain Road (Holy Corner) at 2pm - 3pm the first and third Wednesday afternoon in the month. The first two meetings will be on 5th and 19th February.

Please let Rachel know by **Monday 3rd February** if you will join us.

## World Autism Awareness Day

As we mentioned last month, on 2nd April we will be celebrating World Autism Awareness Day. There are many events taking place across Edinburgh and the Lothians to mark World Autism Awareness Day, and PASDA plan to be involved by organising something special for all our parents, carers and families.

We will be hosting an event where carers can relax and have access to complementary therapy tasters etc. We would still love to hear what you would like to do to mark the occasion. If any of you have any ideas for things you would like to see at our event, or if you have other ideas about how you would like PASDA to mark the occasion then please let us know at [info@pasda.org.uk](mailto:info@pasda.org.uk).

## Help Required—Committee Secretary Vacancy

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.

## A New Name for PASDA—Last Call for Ideas!

This is a last request for any suggestions for a new name. If you have any thoughts, or any strong feelings about us changing our name, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk).



### 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)  
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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 / 0131 475 2416

### Partner & Spouses Group

**Thursday 6th February, 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 Ruth Rooney from Edinburgh Carers Council will be joining us to talk about their Carers Forum. It aims to follow developments within mental health, discuss them and collectively address them to make a difference for the better.

### Carer Information Meeting

**Wednesday 12th February, 7-9pm**

*Training Suite, Norton Park*

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

This month, Mark Johnston from VOCAL will join us to talk about VOCAL workshops; volunteering as an advocate for carers; accessing advocacy support; and to find out what information, issues or courses you might like VOCAL to address in the future.

### Coffee Morning

**Friday 14th February,  
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.



### PASDA Choir

**Wednesday 5th and 19th February, 2-3pm**

*Morningside United Church, Holy Corner*

All parents, carers and partners are warmly encouraged to come and sing for fun. Meetings will be twice a month.

### West Lothian Carers Group

**Monday 17th February, 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 we will have a relaxing and creative printing workshop. It would be helpful to come along with a design in mind—all materials will be provided.

### Autism & Complex Needs Group

**\*\*Monday 24th February, 10.30am-12noon\*\***

**Please note change of day for this group.**

*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. This month we will be discussing communication aids.

### East Lothian Carers Group

**Thursday 27th February, 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*.

### PASDA Social Group

On Saturday 22nd February, there will be a trip to The Real Mary King's Close for a tour at 3.15pm. This will be followed by tea and coffee at a local café.

Tours last around an hour, and due to the nature of the terrain it is not wheelchair accessible. You are advised to wear sturdy footwear as the ground is rough in places, and there are a number of steps up and down during the tour.

Please let Rachel know if you would like a ticket, and whether or not you would be eligible for the 'Over 60' price. Places will be allocated on a first-come-first-served basis. The cost of the tickets and a hot drink will be paid by Creative Breaks funding.

**CREATIVE  
breaks**

# CARER INFORMATION & OPPORTUNITIES

## Music Therapy Sessions

MS Music Therapy is offering two of our carers the chance to access 3 months of weekly music therapy sessions free of charge. These will be offered on a first-come-first-served basis. Please let Rachel know if you are interested.

There is also the opportunity to experience a taster session, either individually (20 minutes music therapy and 10 minutes discussion) or as a group (30 minutes music therapy). Both options would cost just £10 per person (usually £35). If you are interested in these sessions please contact Rachel, stating whether you would prefer an individual or group session. We will then make arrangements when we know how many people require sessions.

Further information is available on MS Music Therapy's website [msmusictherapy.wix.com/msmusictherapy](http://msmusictherapy.wix.com/msmusictherapy).

## VOCAL Courses

VOCAL will be running the following courses in February. Please call them directly on 0131 622 7625 to book, or you can book via their website at [www.vocal.org.uk](http://www.vocal.org.uk).



### Carers and Confidentiality: (2 Sessions)

*Tuesday 4th and 11th February, 6.00—8.30pm at VOCAL Edinburgh, 8-13 Johnston Terrace*

As a carer you will often be the voice and support of the person you care for when dealing with different services and organisations. However, there can be great difficulties in accessing information from these organisations without the cared for person's consent. This course will look at how confidentiality works, what to expect as a carer, how to address the need to protect a person's privacy with their need for support, and how to make sure that confidentiality is not a barrier to receiving the support that a person needs.

### Finding Your Voice – self advocacy

*Wednesday 5th February, 10.00am—3.00pm at VOCAL Midlothian, 30/1 Hardengreen Estate, Dalhousie Road Dalkeith*

This workshop will look at how to recognise your own strengths and use these more effectively; use tips and strategies to make yourself heard and to be listened to by other people; and to develop more confidence in speaking up when you need to.

### Dealing with Difficult Situations: (2 Sessions)

*Tuesday 18th and 25th February, 1.30—3.30pm at VOCAL Midlothian, 30/1 Hardengreen Estate, Dalhousie Road Dalkeith*

This course is about how to deal with difficult and stressful situations and people who you feel may have more authority or power than yourself. It will look at different strategies and approaches so that you can be listened to and have your concerns taken seriously.

## ACE IT Computer Training

In March, ACE IT will be running a *free* 5 week course for unpaid carers aged 50 and over. You will find out how the Internet can help you with information, Skype, e-mail, on-line shopping and lots more.

For more information, please contact Terry Blair on 0131 477 3883, [terry@aceit.org.uk](mailto:terry@aceit.org.uk), by **Monday 17th February**.

## Male Carers Survey

Carers Trust have just launched a new survey for male carers. The survey is part of a research project they are carrying out in partnership with the Men's Health Forum to increase their understanding and awareness of the needs of male carers and how services can respond to their needs.

The responses will enable them to effectively promote the findings of the research and raise awareness of the experiences and needs of male carers in Scotland.

The survey will close on **Sunday 23 February 2014** and the results will be published later in the spring 2014.

The survey is available online, or a hard copy of the survey can be printed off from this webpage: [www.carers.org/male-carers-research-survey](http://www.carers.org/male-carers-research-survey).



# Will you take the Forth Bridge Challenge?

**Abseil for charity from one of Scotland's best known landmarks on Sunday 18th May 2014.**

Courtesy of Network Rail we offer a high-level adventure under the direction of expert instructors. Experience the thrill of vertically descending 165ft from the Forth Bridge at South Queensferry. This year's adopted charities are:

**ALZHEIMER SCOTLAND and MACMILLAN CANCER SUPPORT.**

Several Abseiling places are also being made available to other local charities.

- No previous abseiling experience necessary
- Commemorative certificate and t-shirt
- Minimum age 14 years. People aged under 18 must have parental consent
- No upper age limit or weight restriction, but participants must be in good general health
- £25 non-refundable deposit per person to enter
- Minimum of a further £125 sponsorship required



Alzheimer Scotland  
Action on Dementia

To find out more and register online visit

<http://www.rcsqsales.org.uk/abseil>

Organised by the  
Rotary Club of South Queensferry



## 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.

Please contact Rachel if you would like to be part of our team, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416.

February 2014—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 PASDA Choir 2-3pm	6  Partners Group 6-8pm	7
10	11	12  Carer Information Meeting 7-9pm	13	14 Coffee Morning 10am-12noon
17  West Lothian Group 6.30-8pm	18	19 PASDA Choir 2-3pm	20	21
24 Complex Needs Group 10.30am-12noon	25	26	27  East Lothian Group 6.30-8.30pm	28

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

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