

PASDA NEWS

January 2014 ISSUE #41

Supporting families of adults with autism in Edinburgh & Lothians

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



News

All of our regular groups are meeting in January, although there are some on different days to usual due to the new year holidays. Please take a look at page 2 for details. Remember to let Rachel know if you will be attending.

Please note that the office will be closed until 6th January. You can leave messages on our voicemail or e-mail and we will get back to you as soon as we can once we are back.

Happy New Year!

The PASDA Team

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

Thank you for the suggestions you have sent so far. We are still considering a possible change to our name and would love to hear your suggestions. The new name does not have to be an acronym.

If you have any further thoughts on this 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 Choir—Advance Notice

Exciting news! We hope to form a choir in the New Year, and we will have an excellent Choir Master in Liz Bruce. You do not have to be able to read music, enthusiasm is all that is required. Singing in a group can be a most enjoyable and rewarding experience, so please do come along and join us. Men and women of all vocal ranges are very welcome.



Details are still to be finalised, but it is likely that we will be meeting at Morningside United Church at 2pm - 3pm the first and third Wednesday afternoon in the month. The first meeting will hopefully be on 5th February. Details will be confirmed in the February newsletter.

Please let Rachel know if you are interested so that we can keep you up-to-date with the arrangements.

Help Required—Committee Secretary Vacancy

We need 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.

World Autism Awareness Day

As you may already be aware, 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.

At the moment we are thinking about marking the occasion by hosting an event where carers can relax and have access to complementary therapy tasters etc. But we wanted to ask you all 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.

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

Like 'Pasda' on Facebook

www.facebook.com/pages/Pasda

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 9th January, 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.

Coffee Morning

**Friday 10th January,
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.

Carer Information Meeting

Wednesday 15th January, 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, Julie Carter and Sally Soiree from the Eric Liddell Centre will speak about the Ca(I)re Programme and the befriending service.



Autism & Complex Needs Group

Wednesday 15th January, 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 20th January, 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.

East Lothian Carers Group

Thursday 30th January, 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

We're off to see the pantomime—Oh yes we are! On Thursday 16th January, the group will see the 7pm show of Peter Pan at the King's Theatre, Edinburgh.

Due to limited availability it will be first-come-first-served. Please let Rachel know if you would like a ticket. The cost of the tickets will be paid by Creative Breaks funding.

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES

Access to Work Workshops

As part of their Access to Work project, Lothian Centre for Inclusive Living (LCiL) are holding a further workshop in January for young adults with additional support needs (including autism and Aspergers) who want to find out more about the Access to Work scheme and what it actually means for disabled people in real terms. Carers are welcome to attend with the person they care for.



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

14th January 2014, 6.00-8.30pm

This will be held in the Training Suite at Norton Park.

At this workshop 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9 Partners Group 6-8pm	10 Coffee Morning 10am-12noon
13	14 Access to Work workshop 6-8.30pm	15 Complex Needs Group 10.30am-12noon Carer Information Meeting 7-9pm	16 Social Group trip, King's Theatre 7pm	17
20 West Lothian Group 6.30-8pm	21	22	23	24
27	28	29	30 East Lothian Group 6.30-8.30pm	31