

PASDA NEWS

July 2014 ISSUE #47

Supporting families of adults with autism in Edinburgh & Lothians

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



News

We are delighted to announce the launch of our new Craft Group. This group will meet on the last Tuesday of the month, please see page 2 for more details.

Following our recent AGM, we are now pleased to accept applications for membership and renewals for the 2014-15 membership year. The cost of membership remains at £5 for an individual or £8 for a couple/family. If you have not received an invitation in the post but would like to join, please e-mail Rachel who will send you a membership pack.

We would like to give you some advance notice that our regular groups will not be running in August. The singing group has stopped for July and will resume on 20th August.

Due to staff holidays there will be reduced cover in the office over the next few weeks. If you plan to pop in you are still very welcome, but please call first to make sure someone is here for you. We will respond to all phone and e-mail messages as soon as we can—if your enquiry is urgent please use the main phone number of 0131 475 2416, or the info@pasda.co.uk e-mail address.

We still have our Dynamic Earth entry pass available for carers to use. Please contact the office if you would like to borrow this. We also have a selection of books available to borrow—either pop in to the office to have a look, or we can send you a list of the titles we have.

We wish you a fun and warm summer—now, where did the sun go?

The Pasda Team

Autism in Practice: Implementing the Menu of Interventions in Your Local Authority

Thursday 31st July, 10am-3pm at Number 6, 24 Hill Street

The **Menu of Interventions** was drawn up by a multi-agency group including parents and carers and aims to provide a guide to interventions and supports required by people on the autism spectrum. The Menu highlights some of the challenges faced by people on the autism spectrum, across the lifespan and ability range, and identifies what an individual might need to support such challenges.

Autism Network Scotland is hosting a range of Autism in Practice events across the country, which aim to support communities to implement the Menu of Interventions and to make the document meaningful and useful. They are inviting local practitioners, people on the spectrum and their family and carers to our event: Autism in Practice – Implementing the Menu of Interventions in your Local Authority. This will be an opportunity to:

- find out about key information gathered at the central event
- share examples of good practice
- find out what is happening in your area
- meet other practitioners and families
- learn how to use the Menu itself.

You will be supporting the Menu by bringing your own knowledge and experience, generating new ideas alongside peers, identifying local priorities and potential areas for research. Information gathered will be posted on the Autism Network Website for easy access and sharing information across the whole of Scotland.

Cost: Free to people living and/or working with people on the Autism Spectrum.

To register your interest in this event please e-mail autism.network@strath.ac.uk or call 0141 444 8146.

Pasda Staff Team

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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 3rd July, 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.

Autism & Complex Needs Group

Monday 28th July, 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.

This month Rosie Murchie will lead a hand massage workshop, teaching techniques that carers could use with their family member.

Coffee Morning

Friday 11th July, 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.

Carer Information Meeting

Wednesday 9th July, 7-9pm

Gilmerton Community Centre, 4 Drum Street, Edinburgh EH17 8QG

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, Amy Pickles, Participation Co-ordinator from Autism Initiatives, will speak to the group about Autism Life in Colour 2014.

Please note that this month's meeting will take place at the above address. There is a car park, and the venue is served by Lothian buses 3, 7, 29 and 33.

Craft Group

Tuesday 29th July, 7-9pm

St Serf's Church Hall, 1a Clark Road, Edinburgh EH3 5BD

This group will meet on Tuesday 29th July at St Serf's Church Hall, just round the corner from Ferry Road.

Please feel free to bring along any current projects you are working on, or indeed something you are stuck with and would like some help with.

There is on-street parking in nearby streets. To get there by bus, a 23 will take you right to the church hall; 14 and 21 take you nearby to Ferry Road; 8 and 27 go to Goldenacre, where you need to get off at St James Church. **On arrival, please ring the bell to gain access.**

West Lothian Carers Group

Monday 21st July, 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 31st July, 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 Singing Group

Not on this month

Morningside United Church, Holy Corner



The singing group will take a break in July. We will resume on Wednesday 20th August, when new singers will be warmly welcome.

CARER INFORMATION & OPPORTUNITIES

Autism & Mental Health Workshop

Monday 14th July, 6.30-9pm at Norton Park

This workshop will provide an overview of mental health issues commonly experienced by individuals on the autistic spectrum. There will be a particular focus on anxiety and depression. The session will provide the opportunity to talk about your own experiences and share ideas and knowledge about possible strategies and services.

If you would like to attend this workshop, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szerszynska@pasda.org.uk), 0131 475 2416.

Understanding Autism Workshop

Monday 28th July, 6.30-9pm at Norton Park

This session is geared towards those whose family member has had a recent diagnosis of autism or any other unpaid carer who feels it may be beneficial.

The workshop was developed in partnership with *Tailor Ed Foundation* and includes a brief history of autism, terminology, and how autism affects those on the spectrum in areas such as motivation, communication, information and sensory processing. The workshop will also be a chance to share knowledge and experiences with other carers.

If you would like to attend this workshop, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szerszynska@pasda.org.uk), 0131 475 2416.

Profile Tool Pilot—Participants Needed

We would like to invite you to take part in a pilot of the Independent Living Skills Profile Tool developed by ourselves and Scottish Autism. The profile tool is a document in which carers can record, from their perspective, their family member's present independent living skills and the challenges they experience in various different areas of life.

The completed document provides a bank of information for carers to use to inform others. It could potentially be used by support services to develop support plans, to support social work referrals, or to support benefits assessments or applications. It could also be used in emergency planning.

A member of staff would support you to fill in the Profile Tool, which could be done in several sessions. Anyone who is involved in the pilot will be able to keep the finished document to use however they choose. They will also be asked to evaluate the document to inform any future development of the profile tool.

If you would like to take part in this pilot, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szerszynska@pasda.org.uk), 0131 475 2416.

Social Group—The Trip by West London Community College—Helping Adults with Autism

Saturday 2nd August, 12.40pm, Greenside at Nicolson Square

Mr Harrison is taking Waterloo class on a trip to London. When the school mini-bus driver calls in sick Harrison's plans seem scuppered; but with a class full of expectant autistic teenagers, what choice has he got?

This new comedy is performed by an entire cast of adults on the autism spectrum. It was written to raise awareness about autism as well as to entertain.

We are organising a trip for parents and carers to see this production at the Edinburgh Festival Fringe. There is no charge for the tickets—if you would like one please contact Dylan Hamilton as soon as possible (dylan.hamilton@pasda.org.uk), 0131 475 2416.

July 2014—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3 Partners Group 6-8pm	4	5 6
7	8	9 Carer Information Meeting 7-9pm	10	11 Coffee Morning 10am-12noon	12 13
14 Autism and Mental Health Workshop 6.30-9pm	15	16	17	18	19 20
21 West Lothian Group 6.30-8pm	22	23	24	25	26 27
28 Complex Needs Group 10.30am-12noon Understanding Autism Workshop 6.30-9pm	29 Craft Group 7-9pm	30	31 East Lothian Group 6.30-8.30pm		

Pasda

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

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