

## News

We are currently recruiting for three new positions at PASDA: Senior Manager (part-time), Project Worker (full-time, advert will go live early June) and Administrator (part-time). For more information about any of these roles, please visit our website [www.pasda.org.uk](http://www.pasda.org.uk) or contact Daniel Riley, Recruitment Officer at Autism Initiatives' Head Office, 11 Granton Square, Edinburgh (0131 551 7260).

### Family Planning Association (FPA) Carer Workshops

The FPA are running a project on the theme of sex and relationship education for young people with autism spectrum conditions across Scotland. As part of this project they are going to run two workshops for family carers of young people with ASC. They are holding two workshops for PASDA carers on:

Friday 7th June 2-5pm at 24 Hill Street, Edinburgh

*For carers of 16-20 years old with ASC.*

Friday 21st June 2-5pm at 24 Hill Street, Edinburgh

*For carers of over-20's with ASC.*



To book a place on either workshop, please contact us on [info@pasda.org.uk](mailto:info@pasda.org.uk) or 0131 220 1075

### Marathon Sponsorship

It's not too late to sponsor PASDA parent, Lesley, and her family or former PASDA staff member, Katie Goudie, who are running the Edinburgh Relay Marathon to raise money for PASDA on Sunday 26th May. If you would like to donate please go to <https://mydonate.bt.com/events/pasdamarathon2013/94927> or contact [graeme.syme@aiscotland.org.uk](mailto:graeme.syme@aiscotland.org.uk)/0131 220 1075. Remember that every donation no matter how small, makes a difference.



### Appeal for Volunteers

Can you spare a few hours a week to become an IWORK4ME mentor to help a person with Autism move towards self-employment?

No formal skills are required, just patience, understanding and a willingness to help people with Autism Spectrum Conditions move their lives forward. Full training, ongoing support and prompt re-imbursment of expenses are offered in return for a minimal weekly commitment.

month at Autism Initiatives' One Stop Shop (24 Hill Street, Edinburgh EH2 3JZ).

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

Next meeting: **Wednesday 12th June 7-9pm:** This month, we will be welcoming Bev Read from *First Hand* Lothian and Jay Wardrop from *Fast Forward*. Bev will be running an information session on the *First Hand* **befriending service**, which provides support to young people between the age of 12-24 who are isolated as a result of a disability or mental health issue. Jay will be telling us about a **drug and alcohol project** that *Fast Forward* are currently targeting towards young people with additional needs and their carers. Please let us know if you plan to attend.



**Coffee Morning** Our next carer coffee morning is planned for **Friday 14th June, 10am-12noon**. It provides the 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*, 94 Musselburgh High Street. The group will next meet on **Thursday 27th June**, 6.30-8.30pm. Please let us know if you plan to attend.

### Partner & Spouses Group

The next session will be on **Thursday 6th June, 7.15-9.15pm at an alternative venue**. This session will comprise a therapy taster session. Places are limited so please contact Karina if you would like to attend: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)/0131 220 1075

**West Lothian Carers Group** Our West Lothian group will next be meeting on **Monday 17th June**, from **6-7.30pm**, at Autism Initiatives' Resource Base, Almond House, Quarryrood Court, Livingston, EH54 6AX. This group is open to all parents and other family carers of adults with autism living in West Lothian. Please let Graeme know if you plan to attend: [graeme.syme@aiscotland.org.uk](mailto:graeme.syme@aiscotland.org.uk)

### Autism & Complex Needs Group

This group is for parents and carers of adults who have autism and severe or profound **learning disabilities** living in Lothian. The next meeting will be **Wednesday 19th June** from **10.30—12.30** at 24 Hill Street. Please let Graeme know if you plan to attend.



### Social Group—3 Harbours Arts Festival! Saturday 8th June, 11.30am-2pm

We have set up this group using Creative Breaks funding as we know that many carers do not have sufficient funds to treat themselves.



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welcome to participate. The planned route is to walk the 5K (3 ½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. If you are interested in taking part please contact Graeme for further details and we can have a sponsor pack mailed to you. [graeme.syme@aiscotland.org.uk](mailto:graeme.syme@aiscotland.org.uk) or phone us in the office on 0131 220 1075.

If you would like to donate please visit <https://mydonate.bt.com/events/pasdawalk2013/97454>

### PASDA Membership & Donations

There is now a new easy way to pay your PASDA membership or make a donation.

Just go to our MyDonate site <https://mydonate.bt.com/charities/pasda>

Only a very small charge is taken off the Gift Aid donation when you pay using debit or credit card, so it's definitely worth it.

If you would like to become a member of PASDA, please get in touch and we will send you the relevant forms: [info@pasda.org.uk](mailto:info@pasda.org.uk)/0131 220 1075.



### VOCAL Information Surgeries

As part of our current partnership work with VOCAL (Voice of Carers Across Lothian), PASDA carers are able to access their information surgeries on legal and financial issues such as Power of Attorney, Guardianship, wills and trusts, benefits checks and support with welfare benefit appeals and tribunals.

To book a place or to make an appointment call VOCAL on 0131 622 6666 or email [centre@vocal.org.uk](mailto:centre@vocal.org.uk)



### City of Edinburgh Council Autism Plan Consultation Event 18th June, 6.30-8pm at 24 Hill Street, Edinburgh

City of Edinburgh Council have developed a draft Autism Plan in response to the Scottish Autism Strategy. The Plan is now open for consultation by people with autism, their families and anyone else supporting these people.

Please note that this consultation is only relevant to individuals with autism **who do not have a learning disability**, and their family carers, who are living in **Edinburgh**.

PASDA will be holding a consultation event for parents and carers of over-16s with autism (without a learning disability) living in Edinburgh on **Tuesday 18<sup>th</sup> June, 6.30-8pm** at Autism Initiatives' One Stop Shop, 24 Hill Street, Edinburgh. This event will give you the chance to discuss the Autism Plan with members of the Council. We are keen for as many carers as possible to attend this event, so please let us know if you are able to attend.

The Plan is available online at <http://www.edinburgh.gov.uk/autismplan>



### Peer Support Network

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



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

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Sponsored Walk 2pm at Holyrood Park
4	5	6 Partners Group 24 Hill Street EH2 3JZ 7:15—9:15pm at Tara Trust	7 FPA Workshop 16-20 24 Hill Street EH2 3JZ 2-5pm	8 Social Group 11.30am-2pm at 3 Harbours Festival, Port Seton	9
11	12 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	13	14 Coffee Morning 24 Hill Street EH2 3JZ 10am-12noon	15	16
18 Consultation Event 6:30—8pm	19 Complex Needs group 24 Hill Street EH2 3JZ 10:30—12:30	20	21 FPA Workshop 20+ 24 Hill Street EH2 3JZ 2-5pm	22	23
25	26	27 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	28	29	30