

PASDA NEWS

June 2014 ISSUE #46

Supporting families of adults with autism in Edinburgh & Lothians

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



News

Thank you so much to everyone who sponsored the intrepid abseil team, and to those who took the time to come along and give us some moral support on the day. Our team total is now over £2,100 which is amazing and will allow us to put some of our big plans for Pasda into action.

You don't have to leap off a tall bridge to help us though, there is still time to join the **sponsored walk** at Holyrood Park on 1st June. Details are on the back page, along with the MyDonate address if you would like to sponsor the walkers.

We will be hosting a **self-harm workshop** in June, led by Merrick Pope, a Clinical Nurse at the Royal Edinburgh Hospital. We will also hold a **mindfulness** taster session. Details of both of these are on page 3.

Our **Annual General Meeting** will take place before the usual Carer Information Meeting on 11th June, details below. Please do come along if you are able to.

We have been busy developing our **resource library** and now have a selection of books which our carers are welcome to borrow. If you would like a list of the available books, please let Rachel know. Alternatively you are welcome to pop in and have a browse, we are always pleased to see visitors at the office. If you have any suggestions for good books to add to the library, we would be very pleased to hear them.

The Pasda Team

Dynamic Earth Free Entry Passes

We would like to remind you that we have a membership for Dynamic Earth. The free entry pass can be used by up to three adults and three children at a time. If you wish to make use of this pass, please contact us at the office stating the date you wish to use them. We will then be in touch to let you know if the pass is available for that day, and to arrange to get it to you.

Pasda

Notice calling Annual General Meeting

The Annual General Meeting of PASDA will be held at 7pm on Wednesday 11th June at Number 6, 24 Hill Street, Edinburgh.

The meeting will comprise:

1. Apologies
2. Approval of the Minutes of the Annual General Meeting held on 16th October 2013
3. Convener's Report on the work of the Association since the last AGM
4. Treasurer's Report and submission of Accounts for the period ending 31st March 2014
5. Election of Convener, Vice Convener, Treasurer and Secretary
6. Election of members to vacant positions on the Management Committee*
7. Election of Auditor/ Examiner
8. Agreement to annual rates of membership subscription for the current financial year
9. AOCB

Gordon Wood (Vice Convenor)
28th April 2014

*Nominations to serve on the Management Committee should be received by the Secretary in writing at least 7 days before the AGM. Members may nominate themselves or in the case of the nomination of another member include an indication of the willingness of the member nominated to stand for election.

Pasda Staff Team

Senior Manager: donna.nelson@pasda.org.uk
Project Manager: dylan.hamilton@pasda.org.uk
Project Worker: graeme.syme@pasda.org.uk
Project Worker: danuta.szerszynska@pasda.org.uk
Administrator: rachel.pickett@pasda.org.uk



Norton park - our offices

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 5th June, 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.

AGM and Carer Information Meeting

Wednesday 11th June, 7-9pm

*****Number 6, 24 Hill Street*****

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

The annual general meeting will take place at 7pm, with the normal meeting following it. This month, Emma Hanley from Autism Network Scotland will be speaking about the organisation's work and the Menu of Interventions.

****Please note the change of venue for this meeting****

Coffee Morning

Friday 13th June, 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.

Autism & Complex Needs Group

Monday 23rd June, 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.



Pasda Choir

Wednesday 4th and 18th June, 2-3pm

Morningside United Church, Holy Corner

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

East Lothian Carers Group

Thursday 26th June, 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*.

West Lothian Carers Group

Monday 16th June, 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.

We will again be working on printing, people who have not previously made prints are very welcome to join in.

CARER INFORMATION & OPPORTUNITIES

Self-Harm Workshop

Thursday 12th and 19th June, 6-8pm at Norton Park

Merrick Pope, a Clinical Nurse who specialises in Self-Harm at the Royal Edinburgh Hospital, will be running a workshop over two sessions on the theme of Self-Harm.

This workshop is suitable for carers of over-16s with autism spectrum conditions who are concerned about their family member's self-harming behaviour. There will be the opportunity to consider what constitutes 'self-harm' and to look at the reasons behind it and strategies for supporting someone who exhibits such behaviour.

For more information on whether this workshop is appropriate to your situation, please contact a member of the Pasda staff team. If you would like to book a place on the workshop, please contact Rachel on 0131 475 2416 / rachel.pickett@pasda.org.uk.

Mindfulness Taster Session

Tuesday 24th June, 7.30-9pm at Norton Park

Lesley Macdonald will lead this session, which will include a short introduction to the origins of mindfulness and its introduction into health care, and will look briefly at current research findings. The majority of the session will be used to give people the opportunity to experience one or two mindfulness practices. There will also be time for questions. If you would like to reserve a place, please contact Rachel on 0131 475 2416 / rachel.pickett@pasda.org.uk.

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.szczyszynska@pasda.org.uk), 0131 475 2416.

Leith Festival

Saturday 14th June, 11am-4.30pm at Leith Links

The Leith Festival will commence with a Gala Day and Pageant, and this year Pasda will have a stall at the gala day. The Festival is a very popular community event, with around 15,000 people attending last year.

If you are able to help, either with transport or by looking after the stall for a short while on the day, please contact the office. Even if you can't help, we would love to see you there, so please stop by and say hello while enjoying the day.

Laughter Yoga

Thursdays, 11am-12noon at Eric Liddell Centre, 15 Morningside Road, Edinburgh

Laughter Clubs are a global, non-profit making movement to promote health, joy and peace. Ca(i)re and Laughter for Health are running a weekly Laughter Club at the Eric Liddell Centre. The session includes laughter exercises, childlike playfulness and movement, deep breathing, laughter meditation, relaxation and tips on how to laugh more! The sessions cost £5 (£4 concessions) or FREE to unpaid carers. For more details, please contact Jo Bluett on 07929 897 460 or jo@laughterforhealth.co.uk.



Edinburgh Carers Support Project—Free Barbeque

Wednesday 11th June, 1-3.00pm at The Stafford Centre, 103 Broughton Street, Edinburgh

The Stafford Centre are holding a free barbeque to celebrate Carers Week, a UK-wide annual awareness campaign which aims to improve the lives of carers and the people they care for.

If you would like any more information, please contact Lorraine Keith at the Stafford Centre, 0131 557 0718.

Sponsored Walk for All the Family

We would like to invite you, your family and friends to participate in a sponsored walk, organised by Sandy Sutherland, to raise funds for Pasda. Everyone is welcome to join in, the more the merrier! The walk will take place on Sunday 1st June, meeting by the car park next to St. Margaret's Loch at 1.50pm for a 2pm start.

The planned route is to walk the 5km (3½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This is a lovely area and will allow some wonderful views of the scenery and wildlife.

If you are interested in taking part, please contact Graeme for further details, graeme.syme@pasda.org.uk / 0131 475 2416.

If you are unable to take part but would like to make a donation, you can do so online at: mydonate.bt.com/fundraisers/sponsoredwalk. We are also pleased to accept donations at the office.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2	3	4 Pasda Choir 2-3pm	5 Relaxation and Aromatherapy course 2-4pm Partners Group 6-8pm	6	7 8
9	10	11 AGM and Carer Information Meeting 7-9pm	12 Relaxation and Aromatherapy course 2-4pm Self-harm workshop (part 1) 6-8pm	13 Coffee Morning 10am-12noon	14 Leith Festival 11am- 4.30pm 15
16 West Lothian Group 6.30-8pm	17	18 Pasda Choir 2-3pm	19 Relaxation and Aromatherapy course 2-4pm Self-harm workshop (part 2) 6-8pm	20	21 22
23 Complex Needs Group 10.30am-12noon	24 Mindfulness Taster Session 7.30-9pm	25	26 Relaxation and Aromatherapy course 2-4pm East Lothian Group 6.30-8.30pm	27	28 29
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Pasda

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

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Scottish Charity No.: SC042678