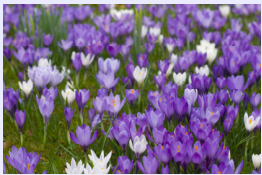


# PASDA NEWS

March 2014 ISSUE #43

Supporting families of adults with autism in Edinburgh & Lothians

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



## News

Spring is finally in the air, the snowdrops and crocuses are blooming and we have lots of exciting things going on over the next few months.

The Royal Zoological Society of Edinburgh have very kindly donated a number of **free entry tickets** to us for the use of our carers and their immediate families. Please phone or e-mail

Rachel **by Friday 14th March** if you would like some of these tickets, clearly stating the names of each member of the party. If there are more requests than tickets, names will be drawn at random.

Sandy Sutherland, a PASDA carer, has once again organised a sponsored walk which will take place on Saturday 1st June. Please see page 4 for details.

We still need some intrepid souls to join our team for the Forth Bridge Abseil on 18th May. If you aren't able to attend, we would be delighted if you would sponsor us. Please see our team page at [www.justgiving.com/teams/PASDAabseil](http://www.justgiving.com/teams/PASDAabseil).

Plans are progressing well for World Autism Awareness Day events, please see below for more details. We also have new courses running—Positive Pathways returns following a very successful course last year, and Danni and Graeme will be holding a Communication Workshop this month.

We hope to see you at some of our events this month.

**The PASDA Team**

## World Autism Awareness Day—2nd April

To celebrate World Autism Awareness Day, PASDA and the Lothian Autistic Society are organising an event at Norton Park. It will take place from 4 to 7pm, and there will be complementary therapy tasters for carers, home baking for sale, cake decorating for children, craft workshops for adults and children, a tombola and much more.

We need your wonderful donations of baked goodies, as well as items for the tombola. Donations can be dropped into the office any time from 23rd March until 1pm on 2nd April. Baking should be delivered on 1st or 2nd April please. If you are bringing items in before the day, please do call us first to make sure there is someone in the office to meet you.

We would also be grateful if you could lend a hand manning the stalls on the day. Please let us know if you can help.



## Positive Pathways

This training is being funded by PASDA, the City of Edinburgh Council and East Lothian Council. It is an opportunity for carers of adults with autism *without* a learning disability (living in Edinburgh and East Lothian) to receive practical training to help and support their family member.



Sessions will focus on: understanding emotional and behavioural challenges in people with autism; sensory differences and their impact on behaviour; social skills for people with autism; communication and its link with emotional and behavioural challenges; working through difficult situations; and person specific solutions, including individual support to discuss these.

There will be 6 half-day training sessions, running every 2 weeks for 12 weeks at Norton Park. Both day and evening courses are available, and they start the week beginning 24th March. Home visits and one to one sessions are included in addition to the group training sessions. The training will be led by Caroline Shaw from The Richmond Fellowship Scotland's Positive Behaviour Support Team.

Further information and a booking form are available on our website, [www.pasda.org.uk](http://www.pasda.org.uk), or please call us on 0131 475 2416.

The closing date for applications has been extended to **Friday 7th March**, and applicants will be notified as soon as possible after that date if they have been allocated a place.

## PASDA Staff Team

Senior Manager: [donna.nelson@pasda.org.uk](mailto:donna.nelson@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](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416

## Partner & Spouses Group

**Thursday 6th March, 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, *those who wish to* will be working on written accounts of their experiences of living with someone with an autism spectrum condition. These will be displayed at the World Autism Awareness Day event.

## Carer Information Meeting

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

**\*\*\*Gallery on the Corner, 34 Northumberland Street\*\*\***

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

**Please note that this month's meeting will take place at The Gallery on The Corner, 34 Northumberland Street, Edinburgh** (map below). You will have the opportunity to meet the Gallery staff and get an insight into the work they do. There will be wine and snacks and the chance to look at some of the art work in the Gallery.

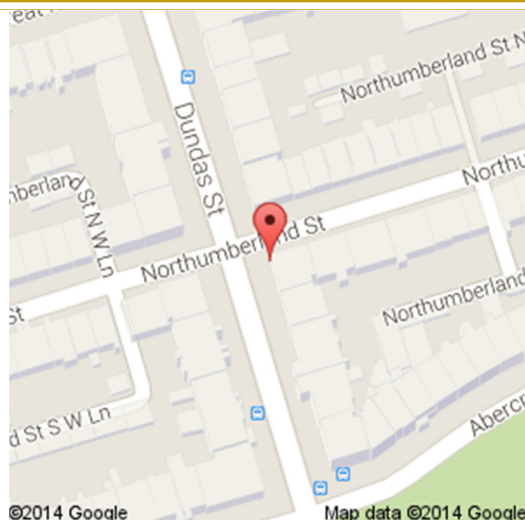
Even if you do not feel your family member would be interested in getting involved with the gallery you are still warmly invited to come along and see what they do. The regular PASDA updates will also take place as normal at this meeting.

## Coffee Morning

**Friday 14th March,  
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.



## West Lothian Carers Group

**Monday 17th March, 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 be running a follow on workshop for carers who attended the February workshop to continue making their prints. Any carers who could not make it to the February group are welcome to come along and join in too.



## PASDA Choir

**Wednesday 5th and 19th March, 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.

## Autism & Complex Needs Group

**\*\*Monday 24th March, 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.

## East Lothian Carers Group

**Thursday 27th March, 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*.

# CARER INFORMATION & OPPORTUNITIES

## 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.

## PASDA Choir—New Members Welcome

The choir got off to a great start in February, with some Beatles, African traditional music, The Rhythm of Life, Putting on the Ritz and lots more! New members are very welcome to join at any time - you do not need to be able to read music, just enjoy making it. Singing in a group is a lot of fun and a very sociable activity. We are a friendly group, so please do come along and join us. Men and women of all vocal ranges are very welcome.

We meet at Morningside United Church, 15 Chamberlain Road (Holy Corner) at 2pm - 3pm the first and third Wednesday afternoon in the month. The next meetings will be on 5th and 19th March. Please let Rachel know if you can join us, 0131 475 2416/rachel.pickett@pasda.org.uk.

## Communication Workshop

*Tuesday 25th March, 6.30—9.00pm at Norton Park Conference Centre*

This workshop will give carers the opportunity to consider the main communication issues facing adults with Asperger Syndrome/High Functioning Autism. They will also be able to share some of the difficulties they have experienced as well as any tips, tools or approaches they have personally found to be effective.

**Please note** this workshop is only for carers/family members of over 16's with an autism spectrum condition. If you would like to attend, please contact Rachel by **Tuesday 18th March**.

## Carers' Forum

*Tuesday 18th March, 11am—2pm at NHS Lothian, 2nd Floor, Waverley Gate, 2-4 Waterloo Place, Edinburgh*

The Carers' Forum is a quarterly meeting organised by Edinburgh Carers' Council. It is an opportunity for carers to get together to look at information about current changes and developments within mental health, both at a local and national level, and to discuss and collectively address these.

This month's meeting will be about confidentiality and information sharing with carers and there will be a speaker from the Mental Welfare Commission. Lunch will be provided.

If you would like to attend please contact either Andrea Ridley or James Arthur on 0131 270 6089.

## VOCAL Courses

VOCAL will be running the following course in March. 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 Mental Health Services: (2 Sessions)

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

Many carers will care for someone who has fluctuating mental health needs, where that person may need periods of increased support to keep them well. If someone has an acute episode this may lead to a hospital admission. This is a particularly stressful time and carers need to know what they can ask for from services, how they will be informed of their loved one's health and well-being, and how they can raise any concerns they may have, either about their current treatment or future plans for care.

This course will look at what carers can expect in terms of information and involvement in the person's care and treatment, and what to do if they have any concerns about this.



ROTARY CLUB OF SOUTH QUEENSFERRY

# 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



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.

We still have places on our team, so please contact Rachel if you would like to join us, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416. You can also sponsor us online at

[www.justgiving.com/teams/PASDAabseil](http://www.justgiving.com/teams/PASDAabseil), or if you would like to donate in cash or by cheque please get in touch and we will give you the details.

## 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, the time is still to be advised.

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](mailto:graeme.syme@pasda.org.uk) / 0131 475 2416.

March 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  Communication Workshop 6.30-9pm	26	27  East Lothian Group 6.30-8.30pm	28

### PASDA

Contact Details: 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)

Scottish Charity No.: SC042678