

## Big Lottery Funding

We are excited to announce that we have been successful with funding from the Big Lottery Fund! This will enable us to increase our staff team so that we will have two project workers working directly with carers, as well as administrative support for the next three years. It also means that we will be looking for our own premises in the next couple of months.

Big thanks to everyone who has supported PASDA over the last few years, we wouldn't have gotten this far without you!



LOTTERY FUNDED

*The PASDA Team*

## Family Workshops

In May we are running two more workshops in partnership with Tailor Ed Foundation for **family and friends** of adults (over-16s) with autism spectrum conditions living in Lothian.

1. Part 1: **Understanding Autism** Thursday 16<sup>th</sup> May 2012, 6 -8.30pm Venue: Tailor Ed, 11 Maritime Street, Leith, EH6 6SB

This workshop will provide the latest information about autism and consider the ways in which individuals can be affected. There will be the opportunity to consider the perspective of people with autism and a framework to consider the different ways autism can affect someone.

*This workshop will be facilitated by Dr Ruth Philip of Tailor Ed Foundation.*

2. Part 2: **Understanding Behaviour** Thursday 23<sup>rd</sup> May 2012, 6 -8.30pm Venue: Tailor Ed, 11 Maritime Street, Leith, EH6 6SB

People with autism can sometimes behave in ways we find hard to understand. This workshop provides methods for understanding why we all do the things we do. We will then look at how we can apply this to understanding unusual behaviour. From this understanding, we can start to consider ways of supporting people to change behaviour that is creating problems.

*Facilitated by Dr Ruth Philip of Tailor Ed Foundation.*

*Please note that it is necessary to attend both workshops. If you are interested in coming along, please contact PASDA by Thursday 9<sup>th</sup> May on 0131 220 1075 or [info@pasda.org.uk](mailto:info@pasda.org.uk)*



TAILOR ED  
FOUNDATION

## Negotiating Skills Workshops for Carers (2 Sessions)

There are a wide variety of situations where carers will need to try and negotiate an issue with an agency, company or public authority. This course is designed to help understand the process of negotiation, different approaches to getting what you want and to practise the skills needed to be a more effective negotiator.

**Part 1: Tuesday 14<sup>th</sup> May , 6pm – 8pm @ Autism Initiatives One Stop Shop, 24 Hill Street**

**Part 2: Tuesday 21<sup>st</sup> May , 6pm – 8pm @ Autism Initiatives One Stop Shop, 24 Hill Street**



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 8th May, 7-9pm**: This month, we will be welcoming a researcher called David Simmons who will be delivering a presentation on "Sensing things differently: Recent research on sensory processing in Autism Spectrum Disorders". Please let us know if you plan to attend.



**Carer Discussion Group** Our next carer discussion group is planned for **Friday 10th May 10am-12noon**, at 24 Hill Street, Edinburgh, EH2 3JZ. This is a small, closed meeting which provides an 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 meet next on **Thursday 30th May**, from 6.30-8.30pm.

The first **East Lothian Council Strategy Meeting** to discuss their response to the autism strategy will take place at Fisherrow Community Centre, Musselburgh 10-12:00pm on Thursday 16th of May. If you are interested in being involved in this group, please contact Karina for more information.

**Partner & Spouses Group** The next session will be on Thursday 2nd May, 6-8pm at 24 Hill Street. 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—New!** Our West Lothian group will next be meeting on **Monday 20th May**, 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 Karina know if you plan to attend.

### 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 15th May** from **10.30—12.30** at 24 Hill Street. Please let Karina know if you plan to attend.



### Social Group—Sunday 19th May 13:00-15:30pm

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

CREATIVE



would like to invite all parents, their families, including carers and staff and all friends of course, to participate in the sponsored walk in aid of raising funds for PASDA. The more the merrier.

The planned route is to walk the 5K (3 ½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This route was chosen, as many people know the park, there are few roads to cross during the walk and it is also a nice walk due to the scenery and wildlife.

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>



## Edinburgh Marathon Festival

25th & 26th of May

Our former Project Assistant, Katie Goudie, and one of the PASDA carers, Lesley Aves, will be taking part in the Edinburgh Marathon Festival this month to raise money for PASDA.

If you would like to donate please go to

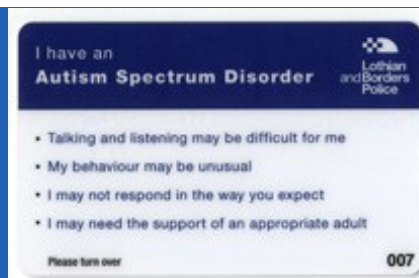
<https://mydonate.bt.com/events/pasdamarathon2013/94927> or contact

[graeme.syme@aiscotland.org.uk](mailto:graeme.syme@aiscotland.org.uk)/0131 220 1075



## "Autism Alert Card"

In January 2012, Autism Initiatives, the National Autistic Society and Lothian and Borders Police launched an Autism Awareness Card for people on the spectrum, to help them when they are out and about in the course of their every day lives. The front has information about autism and the reverse has space for contact details if the individual needs more support. For more information, contact AI's head office at 0131 551 7260.



## Housing Information Session

On Friday 19th April, PASDA organised for Carol Porter from City of Edinburgh Council's Housing Team to come in to talk to PASDA carers about housing options for your family member with autism. Carol discussed the various housing tenures in Edinburgh including the private rented sector, mid market rent, low cost homeownership and the social sector. The session concentrated on accessing and sustaining housing in the various tenures and explored the impacts of the Welfare Reform Act 2012. If you would like a copy of the notes from this session please contact [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk) /0131 220 1075



## Our Peer Support Network: PASDA CONNECT

For many parents and carers it makes all the difference to have someone to talk to who not only knows how you feel but who understands what you are going



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

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 Partners Group 24 Hill Street EH2 3JZ 6-8pm	3	4	5
7  Vocal Negotiating Skills Part 1 Hill St 6-8pm	8 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	9	10 Discussion Group 24 Hill Street EH2 3JZ 10am-12noon	11	12
14 Vocal Negotiating Skills Part 1 Hill St 6-8pm	15 Complex Needs Group—24 Hill Street 10.30-12.30pm	16 Carer Workshop Part 1 Understanding Autism 6-8:30 11 Maritime St, Leith	17	18	219 Social Group National gallery— Mound 1-3:30
21 Vocal Negotiating Skills Part 2 Hill St 6-8pm	22	23 Carer Workshop Part 2 Understanding Behaviour 6-8:30 11 Maritime St, Leith	24	25	26
28	29	30 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	31		