

# PASDA NEWS

May 2014 ISSUE #45

Supporting families of adults with autism in Edinburgh & Lothians

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



## News

We were delighted to see so many of you, and many new faces, at our fair celebrating World Autism Awareness Day. Thank you for your support, we hope you enjoyed the event as much as we did.

Spaces are still available on the **Relaxation and Aromatherapy Course** which will be run in partnership with Ca(I)re (see page 3 for details). If you are interested please book your place as soon as possible. We are also running an **Employment Workshop** here at Norton Park in May, more details can be found on page 3.

We are delighted to tell you that we, in partnership with The Richmond Fellowship and City of Edinburgh Council, are finalists in the **Scottish Social Services Council's Care Accolades 2014**. The Positive Pathways course has been shortlisted in the 'Working Better, Working Together' category.

The **Forth Bridge Abseil** is fast approaching. We have a fabulous team of nine entering, and would be delighted to receive your sponsorship. We are also still looking for participants for the **sponsored walk** at Holyrood Park on 1st June. Details of both of these events can be found on page 4.

## The Pasda Team

## Fundraising Group—Can you help?

We are developing a fundraising steering group for Pasda. The main aims of this group are to create and discuss new fundraising ideas and to lead with the development of them. The group will be carer-led, will include volunteer carers and committee members and will be overseen by a member of staff. The meetings will be held monthly and will last about an hour.

We are in the process of arranging a first meeting. We would be happy to hold meetings during the day or evening, whichever suits the majority of the group.

Please contact Rachel if you would like to be part of this very exciting group, stating whether you prefer a day or evening time. [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416

## Pasda

### Notice calling Annual General Meeting

The Annual General Meeting of PASDA will be held at 7pm on Wednesday 11th June 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](mailto:donna.nelson@pasda.org.uk)  
Project Manager: [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk)  
Project Worker: [graeme.syme@pasda.org.uk](mailto:graeme.syme@pasda.org.uk)  
Project Worker: [danuta.szczyszynska@pasda.org.uk](mailto:danuta.szczyszynska@pasda.org.uk)  
Administrator: [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk)



Like 'Pasda' on Facebook: [www.facebook.com/pages/Pasda](https://www.facebook.com/pages/Pasda)  
[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

**No meeting in May**

There will be no Partners' Group in May, as they are instead going to the Autistic Intelligence conference in Glasgow.

The group will resume in June.

### Carer Information Meeting

**Wednesday 14th May, 7-9pm**

**\*\*\*Eric Liddell Centre, 15 Morningside Road, Edinburgh\*\*\***

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 again take place in the Eltham Suite at The Eric Liddell Centre, 15 Morningside Road, Edinburgh (map below).**

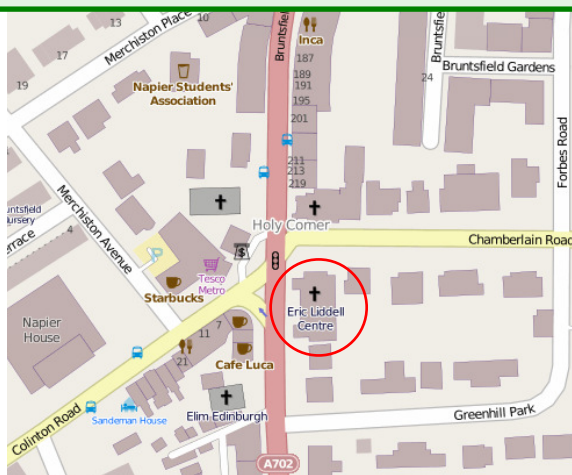
This month, Nicola Smith from Cairn Legal will be speaking to the meeting, focussing on Power of Attorney, wills and trusts.

### Coffee Morning

**Friday 9th May,  
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.



### Pasda Choir

**Wednesday 7th and 21st May, 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 26th May, 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.

### West Lothian Carers Group

**Monday 19th May, 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 be running the final print workshop, completing the prints that people have been working on. Anyone who did not attend the previous workshops is very welcome to come and join in.

### East Lothian Carers Group

**Thursday 29th May, 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*.

### Social Group — The Curious Incident of the Dog in the Night-Time

**Thursday 22nd May, 7pm**

*Cineworld, Fountain Park, 130/3 Dundee Street, Edinburgh EH11 1AF*

Tickets have been reserved for a live screening of the play 'The Curious Incident of the Dog in the Night-Time'. Tickets will cost £9.50 per person and are limited in availability. If you would like a ticket, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416.



# CARER INFORMATION & OPPORTUNITIES

## Relaxation and Aromatherapy Course

*From Thursday 22nd May, 2-4pm at Norton Park*

There are still some spaces available on this course, in partnership with Ca(l)re, which will be led by Catherine Strang.

The course will cover quick methods of coping with stress and extreme emotion using aromatherapy. You will also experience deep relaxation and creative visualisation.

The course runs for 6 weeks from **Thursday 22nd May**. If you would like a place, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416.



## Autism and Employment Workshop

*Monday 26th May, 6.30-9pm at Norton Park*

This workshop will consider the main issues facing adults with autism spectrum conditions when seeking, entering and maintaining employment and training. It will give carers the opportunity to share ideas and experiences in relation to autism and employment and highlight existing employment support services in the Lothians.

If you would like to attend, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416.

## Autism and Ethics conference

*Friday May 16th 2014; Doors open 9am for 9.20 am start, finishes 4.45pm  
Smithton Church, Murray Road, Inverness. IV2 7YU*

ARGH (Autism Rights Group Highland), in partnership with the National Autistic Society Scotland are holding an Autism and Ethics conference from the Autistic perspective; all the main speakers at this conference are Autistic.

Ethics is not just about theory: ethical concerns directly affect the down-to-earth everyday lives of Autistic people and their families, and the practitioners who work with them. This conference aims to step away from theory and achieve a practical understanding of what ethics in relation to autism practice really means. We hope to promote discussion and build bridges between attendees from across the autism community.

This is a unique opportunity for parents, carers, Autistic people, practitioners, researchers and others to hear Autistic people speaking as experts in their field and to promote discussion and networking with the other attendees. We would also like to give the chance for reflection and strengthening of identity and networks to Autistic people on their own terms.

Cost: £25 (reduced rate of £12.50 for people on out of work benefits / income support), includes lunch.

How to book: send payment, (postal order or cheque made payable to 'Autism Rights Group Highland'), a stamped addressed envelope for return of tickets, phone number or email address and a note of how many tickets you require at which rate, plus any access requirements including dietary requirements if relevant to:

ARGH, 22 Wester Inshes Place, Inverness IV2 5HZ.

For payment online and more information see: [www.arghighland.co.uk](http://www.arghighland.co.uk) or e-mail: [info@arghighland.co.uk](mailto:info@arghighland.co.uk).

## 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.

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

## Forth Bridge Abseil

On Sunday 18th May, most of the staff, along with some fabulous friends and supporters, will be taking part in a 165 foot abseil from the Forth Bridge to raise money for Pasda.

Places for the abseil are now sold out, but you can still sponsor us. You can donate through our team fundraising page 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.

## May 2014—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 Pasda Choir 2-3pm	8	9 Coffee Morning 10am-12noon
12	13	14 Carer Information Meeting 7-9pm	15	16
19 West Lothian Group 6.30-8pm	20	21 Pasda Choir 2-3pm	22 Relaxation and Aromatherapy course 2-4pm	23
26 Complex Needs Group 10.30am-12noon Autism and Employment workshop 6.30-9pm	27	28	29 Relaxation and Aromatherapy course 2-4pm East Lothian Group 6.30-8.30pm	30

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